THE SATURDAY EVENING POST

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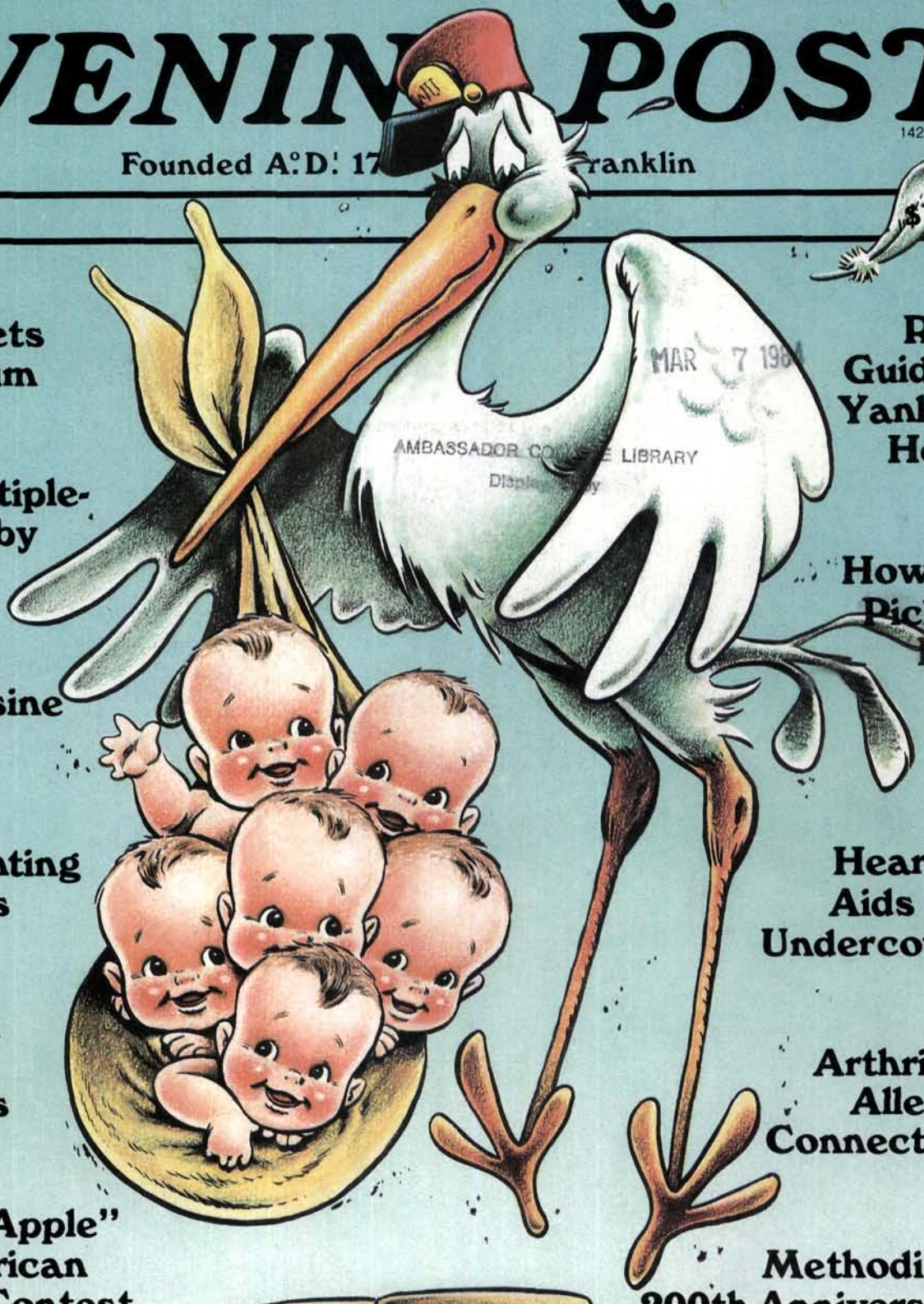

Sextuplets in Belgium

The Multiple-Birth Baby Boom

High-Lysine Cuisine

Moonlighting TV Stars

Mexican Travel Bargains

"Win an Apple" All-American Family Contest

Ron Guidry: Yankee Hero

How to Pick a Pet

Hearing Aids Go Undercover

Arthritis/ Allergy Connection

Methodists' 200th Anniversary

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The Beautiful Children of Sarah Stilwell Weber

Now, for the very first time,
the creations of this century's foremost children's artist
are rendered as heartbreakingly beautiful porcelain figurines.

Skipping Rope

Shown actual size.

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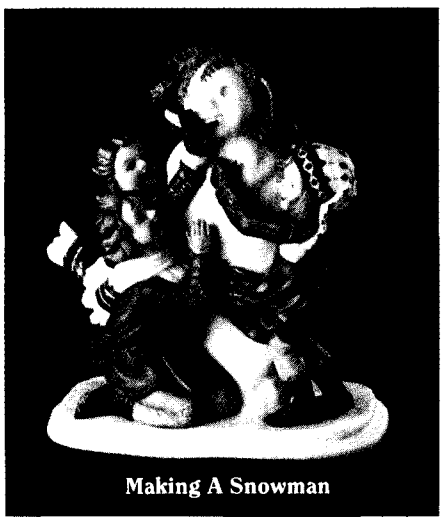
Original paintings that first appeared as *Saturday Evening Post* covers in the early 1900s are now rendered for the very first time as fine hand-painted porcelain figurines.

Sarah Stilwell Weber painted children who seemed to laugh and play — right on the covers of *The Saturday Evening Post*. Her paintings were as popular in their times as Norman Rockwell's would be in the decades that followed. Now, for the first time, *The Saturday Evening Post* has authorized twelve Sarah Stilwell Weber paintings to appear as beautiful, imported porcelain figurines.

Heartbreakingly beautiful paintings.

Sarah Stilwell Weber's portraits of children *are* adorable. Her girls and boys appear so happy and carefree. And her paintings make perfect figurines! They become absolutely delightful when rendered in three dimensions.

In *Dancing Fun*, see how Sarah Stilwell Weber has caught the relationship between older sister and younger brother. Notice the charm of the clothing — the girl's hat and pinafore, the boy's britches and the old-style buttons.



Making A Snowman

Figurines of the highest quality!

The quality of these figurines is exceptional. In *New Bathing Suits*, for example, several different sculptured forms are brought together to create the total composition. Imagine how difficult it is just to align these properly, with the criss-crossing legs and the overlapping arms.

There's no comparison between a complex figurine like this and an ordinary figurine cast from a single mold. Characters are rendered in the round. The scenes come to life. These are the kind of figurines that knowledgeable collectors have such difficulty finding.

Carefully painted by hand.

Each figurine will be painted by hand in a rainbow of colors. And notice the fine details — in *Making A Snowman*, the pattern on the girls' hat and scarf, the touches of snow on the children's clothing. Figurines of this quality simply cannot be mass produced!

New Bathing Suits

An exceptional value.

These are the first figurines featuring the *Saturday Evening Post* art of Sarah Stilwell Weber, making this collection an important *first edition*. First editions are almost always more valued; their rarity and uniqueness make them more in demand.

Hand-painted figurines of this quality are seldom available at all. When they can be found in stores, they can be very expensive. However, these Sarah Stilwell Weber figurines are available at just $55 each, which is guaranteed for the entire collection.

Convenient acquisition plan.

Send no money now. Simply complete the reservation application and return it. The figurines will be issued at the rate of one every two months. You will be billed in monthly installments of $27.50 each. Or you may have each installment charged to your VISA or MasterCard. Any figurine may be returned within 30 days for a replacement or refund. You may cancel your subscription at any time.

A private edition.

The Beautiful Children of Sarah Stilwell Weber will be available exclusively from the Danbury Mint. None will be sold in stores or galleries.

Sarah Stilwell Weber's art is a priceless national treasure. You can now own the very first Sarah Stilwell Weber figurine collection of its kind. Mail your reservation today!

Dancing Fun

Figurines above shown much smaller than actual sizes which range from 5½"-6" in height.

COLLECTOR'S CORNER

What will be the Next Figurine Collecting Phenomenon?

First it was Hummels; then Rockwells; now, insiders say it will be Sarah Stilwell Webers.

by Thomas R. Gillett

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We contacted a knowledgeable insider in collectibles and asked why Hummels and Rockwells are so popular, to see where figurine collecting is going.

"Look at Hummels and Rockwells and you notice charm. The art is adorable. Children are favored as subjects. Costumes are important.

"Each Rockwell tells a story — they are not just character portraits, but little vignettes of life. That's what collectors are looking for in figurines."

Sarah Stilwell Weber "combines the charm of Berta Hummel with the humor of Norman Rockwell, but because she painted long ago her work has been almost completely forgotten." However, "a resurgence is already underway" and "there is a great revival of interest in her work." She "could become the next figurine collecting phenomenon."

Who was Sarah Stilwell Weber?

Sarah Stilwell Weber, born in 1878, was a favorite student of Howard Pyle, the most popular American book illustrator of all time. She was part of the Brandywine School of Artists, and her paintings appeared in many magazines, including *Vogue, Collier's* and *Harper's Weekly.*

I never recommend purchasing for resale — there are too many imponderables. Buy what you like, keep it and enjoy it. Still, popularity adds to enjoyment. If Sarah Stilwell Webers become as popular as Hummels and Rockwells (and I can now understand why they might), people who acquire them early will be congratulating themselves on their foresight.

RESERVATION APPLICATION

H16

The Beautiful Children of Sarah Stilwell Weber

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

For production planning purposes please return by June 30, 1984.

Please accept my reservation to *The Beautiful Children of Sarah Stilwell Weber.* I understand this is a private edition of 12 hand-painted porcelain figurines featuring original paintings by Sarah Stilwell Weber never before available as figurines.

I need send no money now. The collection will be issued at the rate of one figurine every two months. I will pay for each figurine as billed in two convenient monthly installments of $27.50 each. Any figurine I am not completely satisfied with may be returned within 30 days for replacement or refund, and this subscription may be canceled by either party at any time.

Name _____
PLEASE PRINT CLEARLY

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Signature _____
Allow 8 to 12 weeks after payment for initial shipment.

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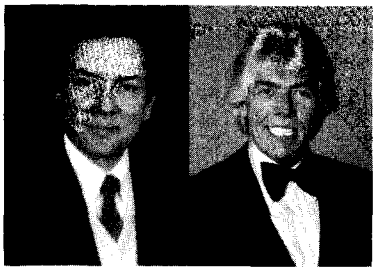
The Multiple-birth Boom—is being felt throughout the world, but the epicenter seems to be Indianapolis, Indiana. 46



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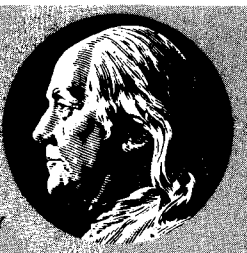

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(Cover painting by B. B. Sams)

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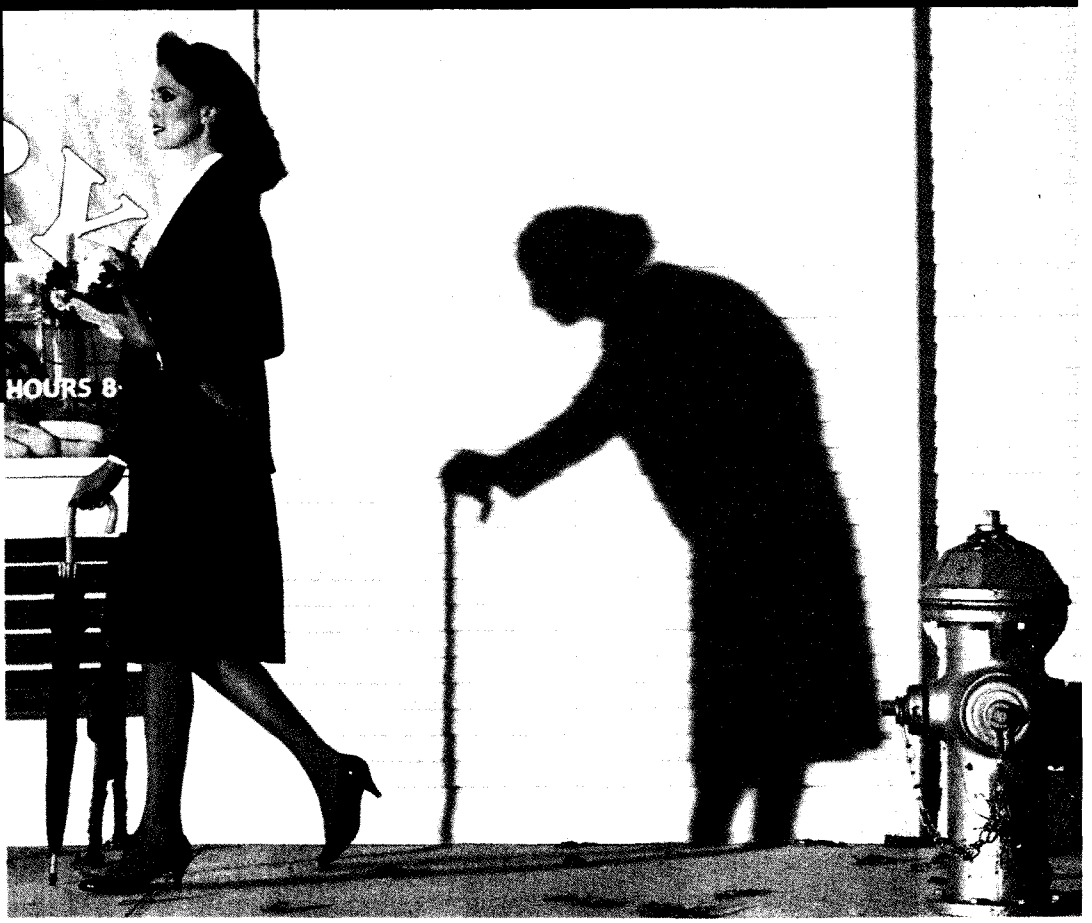

It's too late when your spine curves over and your stooped posture shrinks your overall height.

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Your body needs calcium. Every day. And if you don't give it the calcium it needs, it robs it from your bones. With just two tablets, Os-Cal® 500 calcium supplement gives you 100% of the calcium required to fulfill the U.S. Recommended Daily Allowance of 1000 milligrams.

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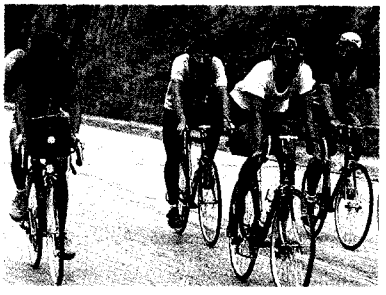

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Letters

High-Fiber Cookies

I have renewed my subscription so I might receive a supply of high-lysine corn meal. I would also like to try some of the seed in my garden this year. Where can I get some?

I have been cooking and experimenting with foods for about 30 years, and I find what tastes good to me usually tastes good to others. I have always had my roughage, as it was called by my mother. In the past five or six years I have been using bran, both wheat and oat, and I have definitely felt better since using it. I'm a 63-year-old male who does all his own cooking. It helps in all functions of my past-prime body.

Enclosed for want of another name is "Grayson Perkins' Regulators." They are great snacks with a glass of skim milk or cup of tea.

Here are a few for your sampling and comments plus the recipe for same:

1 cup skim milk or buttermilk
¼ cup corn meal (wish it was high-lysine)
¼ cup rolled oats
1 cup oat bran
1½ cups wheat bran
1 cup unbleached flour
1 teaspoon salt substitute
1 teaspoon baking soda
½ teaspoon baking powder
1 cup pecans or other nuts, chopped
½ cup Zemte raisins or currants
¼ cup honey
¼ cup molasses
1 teaspoon vanilla
2 eggs
¾ cup peanut oil
1 teaspoon cinnamon
1 teaspoon cloves

Combine all ingredients in a mixing bowl and blend with a fork until well mixed. Then spoon about a large tablespoon on an ungreased cookie sheet and bake at 400° F., for about 15-20 minutes.

Milton A. Perkins
Pittsfield, Massachusetts

Your box of "Grayson Perkins' Regulators" really perked up our editorial staff. What a recipe! Thanks for your delicious contribution. The high-lysine corn meal and a bag of high-lysine seed corn are on the way.

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EDITORIAL
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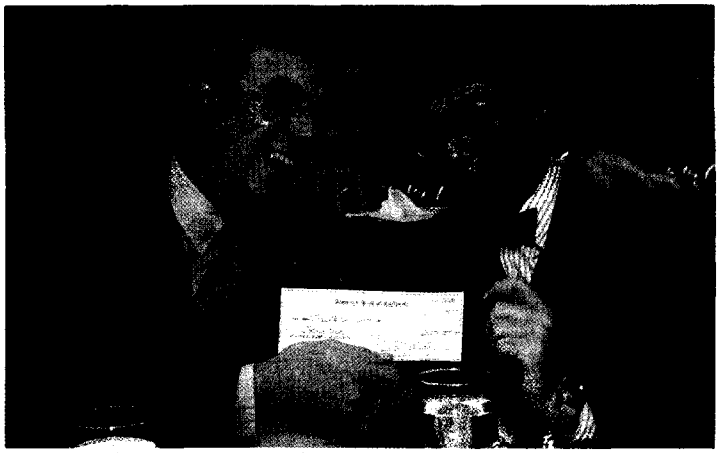

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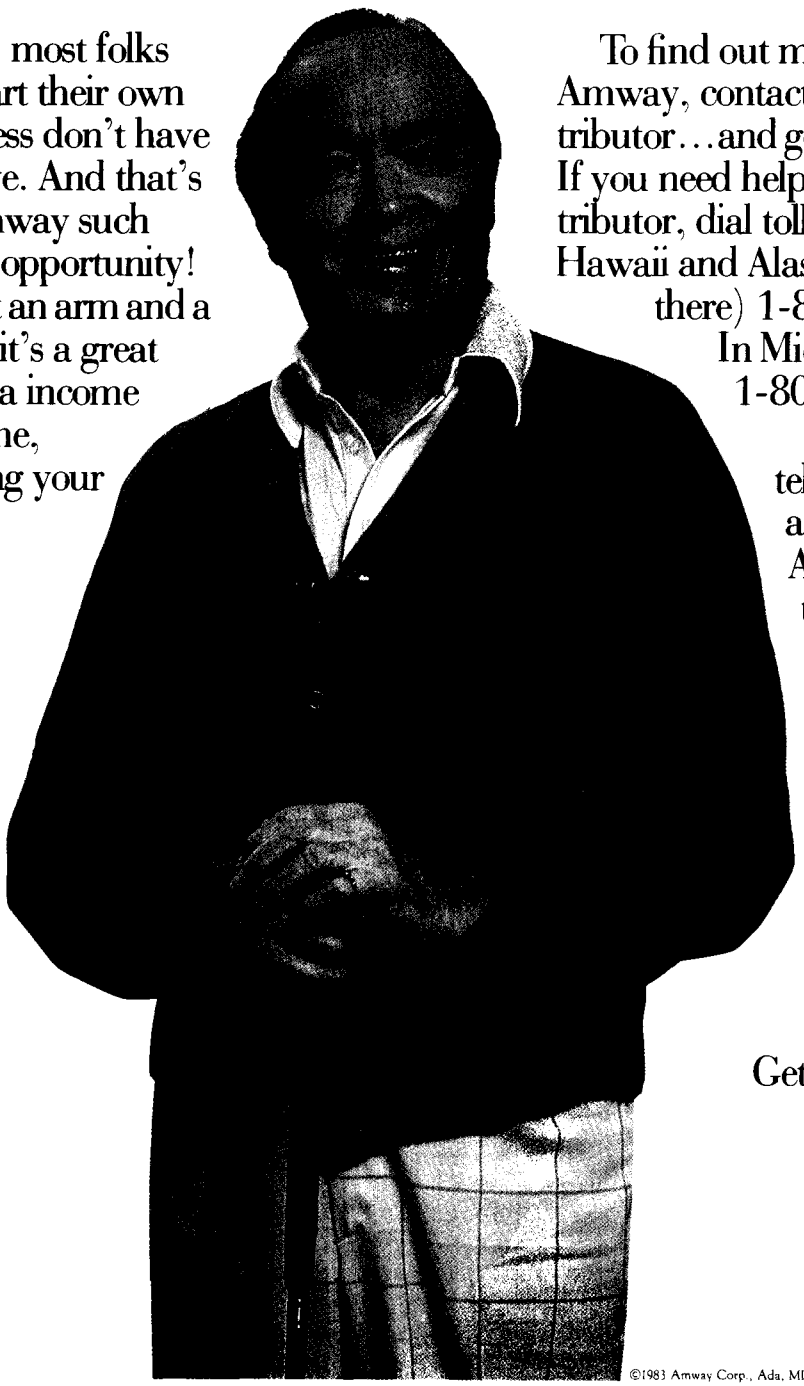

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Corn-pone Jubilation

We received your free bag of high-lysine corn meal and have waited until we used it in several recipes before responding to your letter of December 8, 1983.

We have been following your lysine articles and surveys with keen interest.

For several years my wife and I have been using lysine tablets to control mouth ulcers and cold sores with very measurable success. As a consequence we have observed that we have had very few colds or sore throats during the time we have been using lysine daily. At times of mouth-ulcer beginnings we increase the dosage to 3,000 mg daily. Otherwise we take only 500 mg.

We would be very interested in being able to purchase high-lysine corn meal or other lysine food products. If it becomes available, be sure to let us know. We would like to add essential amino acids such as lysine and tryptophan to our human diet in a higher proportion than is now readily available in our diets. If it is good for livestock, it must surely be good for humans.

Our observation about the high-lysine corn meal is that the coarse grain makes a very good corn bread, good tasting with our regular recipe with no changes.

James G. Walthall
Katy, Texas

Thank you for sending me the high-lysine corn meal. It arrived safely and I have used it several times.

I really like it. I'm supposed to be on a high-fiber diet, so I like the coarseness of it.

We used to farm, but my husband is dead, and I now live in town.

Mary Mossman
Somerset, Ohio

I did indeed receive the corn meal and am so pleased with it. I have used it a number of times making corn bread. Also, it is delicious for dipping and basting the river trout which a kind neighbor gives me—and then baking.

Grace M. Grupp
Mason City, Iowa

The Core of the Matter

The excellent article about Norman Rockwell's real people models suggests that you might be interested in one a generation or two earlier.

On October 15, 1910, the *Post* published a cover painted in the previous June by Robert Robinson of Wilkes-Barre, who painted a few others for the *Post*, but not many. It showed a boy eating an apple and carrying others. As painted, a bulldog was following the boy, but this was cut off to narrow the page.

I am that boy, 14 years old then, 88 now.

The painting was done at Dallas, Pennsylvania, a suburb of Wilkes-Barre, in a barn on the place Robinson had rented as a summer home. He paid me the going rate for a boy then, as nearly as I can recall, about a dollar a day. The apple picture, October 15, 1910, was followed by his painting a swimming-hole scene, in which I posed for about six or eight boys, all in various stages of undress, none wearing a swimming suit, not common for farm boys then.

Daniel A. Waters
Gettysburg, Pennsylvania

Corn for the Birds

I hope you can be of assistance to me. I read about the high-lysine corn you were instrumental in developing in the December issue of *The Saturday Evening Post* and was wondering where I might obtain seeds or ears of corn. I breed endangered parrots and do research on their nutritional needs. Corn is one of their favorite foods in captivity but is of poor nutritional value. At present, lysine is being provided by other sources. I am most willing to have the corn shipped to me. Any help or information you can provide would be most appreciated.

Roberta Lee
Foster City, California

Up in Smoke

Congratulations and a thanks for no longer accepting tobacco advertisements. I think it is an American tragedy that newspapers and magazines are the biggest drug pushers in the United States.

I congratulate you on your stand.

Stewart M. Lee
Beaver Falls, Pennsylvania

Bless you! It is refreshing to see a publication such as yours resisting the lucrative offers of the tobacco industry to publish their nefarious ads. Your concern for the welfare of your readers is to be commended. I salute you!

Your magazine is one I can recommend to all my friends and acquaintances, especially the young folk. Thank you again for publishing a very wholesome magazine.

Don Long
Denver, Colorado

The Smoke Clears

According to Paul Harvey, you decided not to use cigarette ads to pay for your magazine.

I used to be addicted to both the *SatEvePost* and cigarettes. Now it is just your magazine.

I hope you can find some way to remain financially solvent without these ads. What would be better, take an ad from Marlboro, showing a background of a graveyard as "Marlboro Country."

F.A. Burnett
Cincinnati, Ohio

I was somewhat amused to learn of your decision to no longer accept cigarette advertising. I use the term "somewhat amused" due to various outcries from the press for "freedom of the press." Really then, "freedom of the press" is as long as it agrees with your biased position.

Having been a long-time reader of your publication, I hereby inform you I will never read another copy.

R.D. Eaton
Jacksonville, Florida

continued on page 10

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A unique new book

to give you health for the zest of your life.

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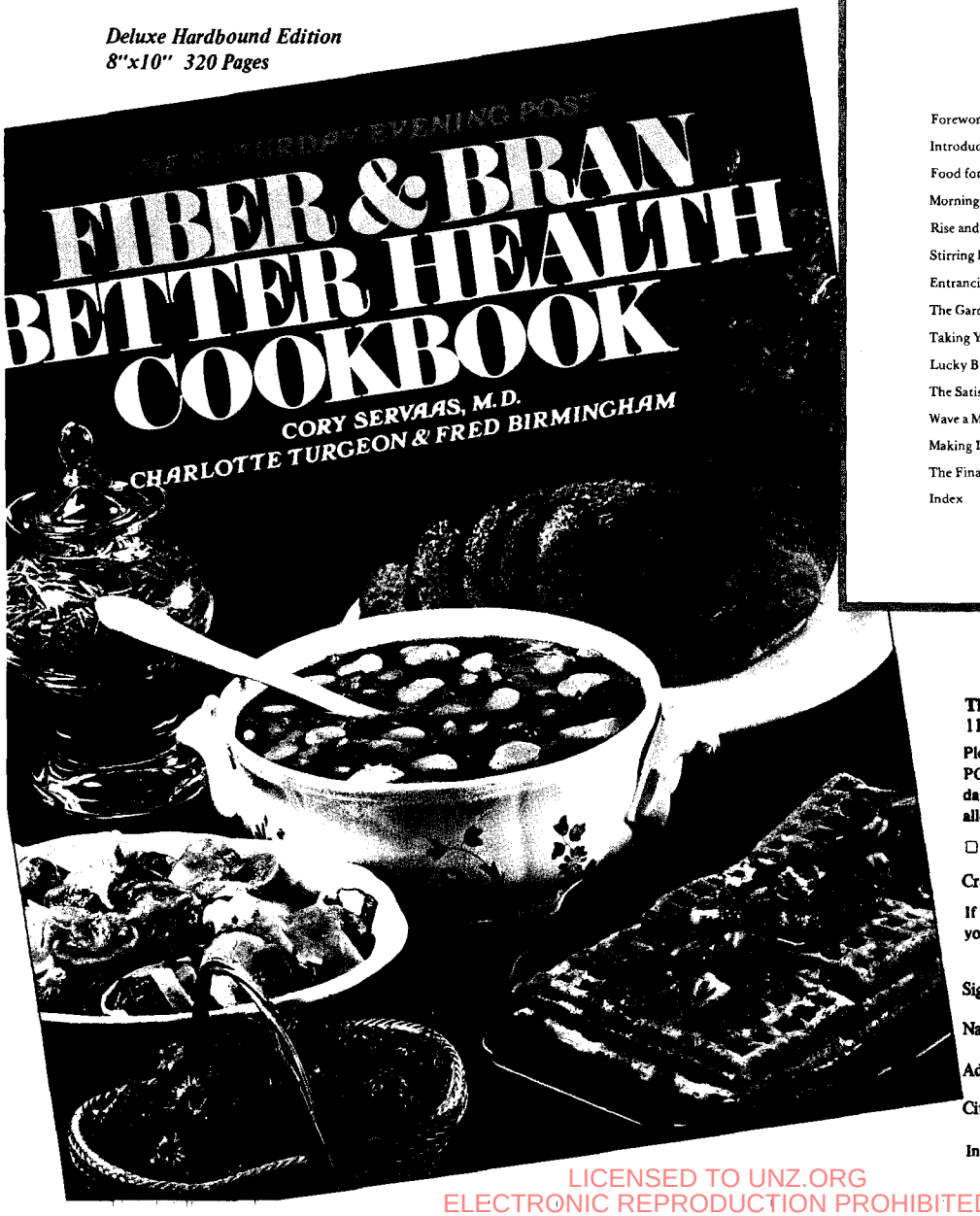

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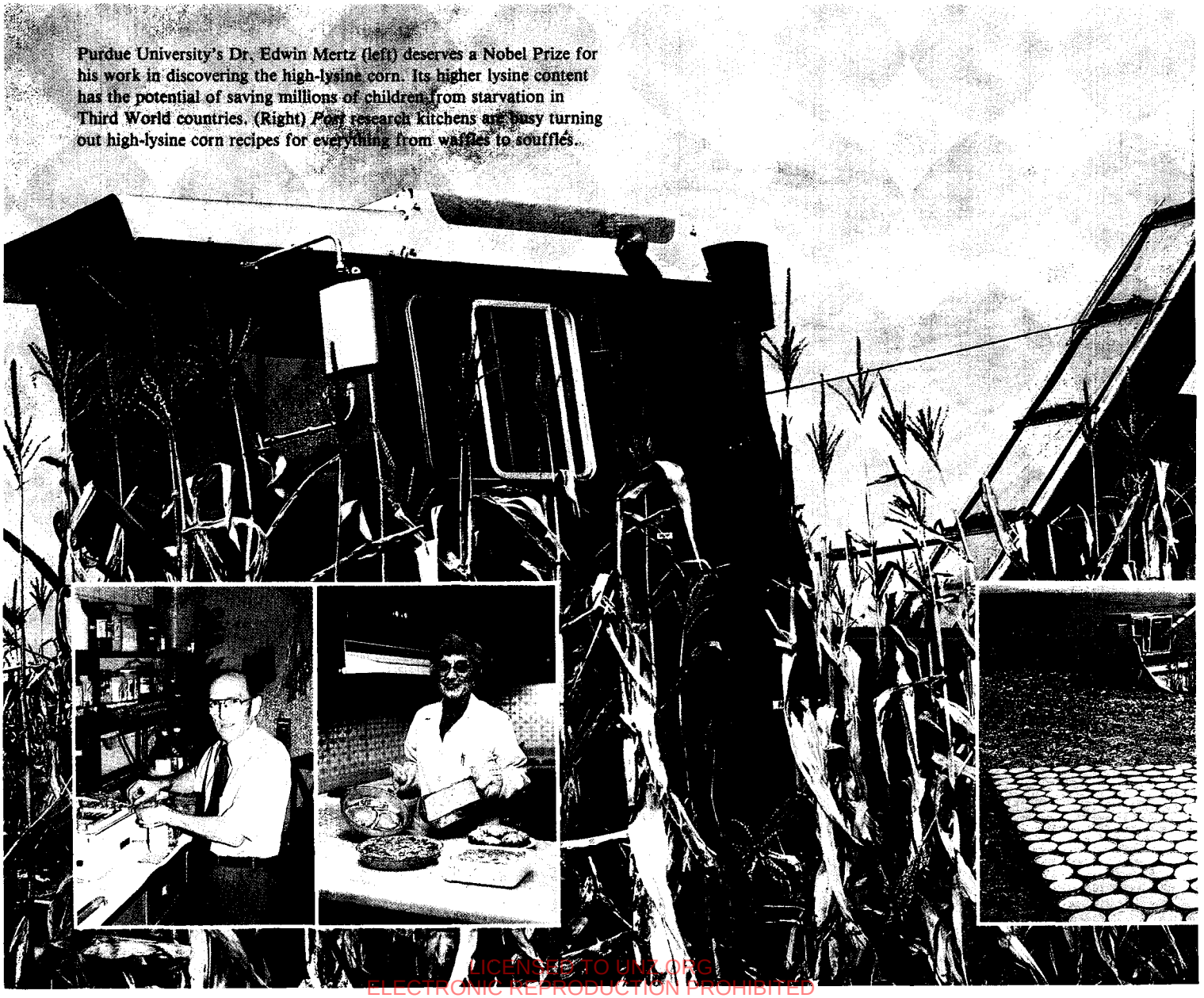
The *Post* wants to keep our readers healthy for a long time.

We feel that the diet of many Americans is deficient in lysine, especially the diet of Americans who eat vegetarian foods. The amino acid, lysine, in this Purdue University specially bred corn makes it an almost complete protein food and greatly changes the lysine-to-arginine ratio found in corn.

A purpose of the Society is to try to get the large food processors to package high-lysine corn meal so that the public will demand it after discovering how much sweeter and tastier it is.

If the white mice we now have on a high-lysine diet (to see if it prevents leukemia) could talk, they would verify how good it is. Iowa farmers find that their pigs turn up their snouts at regular corn



Purdue University's Dr. Edwin Mertz (left) deserves a Nobel Prize for his work in discovering the high-lysine corn. Its higher lysine content has the potential of saving millions of children from starvation in Third World countries. (Right) *Post* research kitchens are busy turning out high-lysine corn recipes for everything from waffles to soufflés.

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high-lysine corn meal...

subscription to the Post

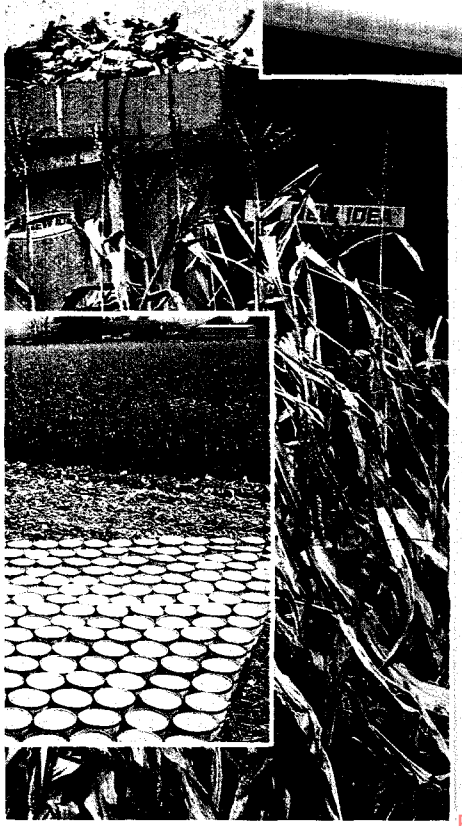
after trying the high-lysine variety. And one Iowa farmer who grows it for his pigs likes to chew it himself. "It's softer and more like eating peanuts," he says.

We've done our homework, and we'd like our readers to try this method of increasing the lysine in their diets while they increase their fiber. It's the best of both worlds! We should be going to a diet of more grains and complex carbohydrates, and high-lysine corn provides the missing link in the high-fiber diet.

If you don't find that this corn meal makes tastier cornbread, corn pudding, souffles, pancakes, corn pies and waffles, just send it right back to us and we'll eat it and give you a full refund for your cancelled subscription.

We hope that soon The Society can create so much demand for high-lysine corn that Quaker Oats, Kellogg's, General Foods, Nabisco, General Mills, Pillsbury and all the other packagers will insist on it for their cereal products and corn meal—thereby causing farmers to grow it for humans as well as their livestock.

In the meantime, The Society would like you to be our guest and try a free bag. We predict you'll never like another corn meal as much.



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In the Nov. 4 issue of the American Medical Association's paper, *American Medical News*, there was an item telling of your decision to no longer accept (after March 1984) advertising from the tobacco industry.

As a physician, I want to congratulate you and affirm you in this decision.

It is hoped that many, many more magazines and newspapers will follow your example. Please advertise, announce, shout from the rooftops what your decision has been (calling attention to those news media who still do carry such ads).

I would also suggest a story in your pages sometime concerning the "millions" of pharmacies that continue to sell cigarettes despite the statement of their own American Pharmaceutical Association calling "mass displays of cigarettes in pharmacies. . .a direct contradiction of the role of the pharmacy as a public health facility."

Your action made it easy for me to decide whether to renew my subscription.

In your decision you have the support, I'm sure, of the two-thirds of Americans who do not smoke, as well as most parents of teenagers, as well as the widows of lung-cancer and heart-disease victims, as well as a fair share of the one-third of Americans who still smoke but who would like to quit.

Willard S. Krabill, M.D.
Goshen, Indiana

Reply to Robert J. Moore's letter Jan/Feb 1984.

Being a nurse and seeing the daily, tragic consequences of cigarette smoking, I can only say I pray that Mr. Moore never has to lie in a hospital bed gasping out his last breath from emphysema, heart attack, stroke or so many more ills—the saddest of all being lung cancer.

I speak from experience. The cigarettes gave my husband lung cancer, which also went to the brain. Mercifully the 100 percent occlusion of the coronary arteries (from cigarettes) caused his premature death so he didn't have to suffer the agonies of dying of cancer. Every time I see someone smoking those foul, death-dealing, obnoxious weeds I want to cry my heart out and beg them to quit. But they won't listen until it is too late.

Just because the law says it is legal doesn't make it right. How very much money and lives we could save if cigarettes were outlawed. Prevention is worth a pound of cure.

Lenore H. Fitzpatrick
Ocala, Florida

Disappearing Act

Last spring, for some reason, I contracted shingles around my waist. Doctors said there was nothing for a cure except time. By chance I was told to take 10 or 12 L-lysine tablets a day because they were antiviral and offset excessive arginines. Within three days all scabs fell off and the red disappeared. My doctor wouldn't believe it. I gave him my July copy of the *Post*. He now believes and has accumulated some other articles on L-lysine.

Now, for two years I have had a canker sore on my tongue. The doctor couldn't cure it and sent me to my dentist, who gave me Amosam to control it. I had to give up all caffeines. Within a few days, after the first L-lysines, it completely disappeared and has never reappeared. I drink good coffee again, Coca-Cola, etc., and no return.

Also, my sun spots, kept under control by Flouro-plex for years, have disappeared—they are a type of cancer, so they say. I usually had three or four on my bald head.

Especially in the summer when I sweat heavily from yard work, I would break out in prickly heat at the bottom of my hairline on the back of my neck and on my chest—used ST-37 on same for many years for relief. Now no more. Wow!!

My boxer dog had the beginning of a possible cancer on a lower lip. The doctor said it would probably

continued on page 13

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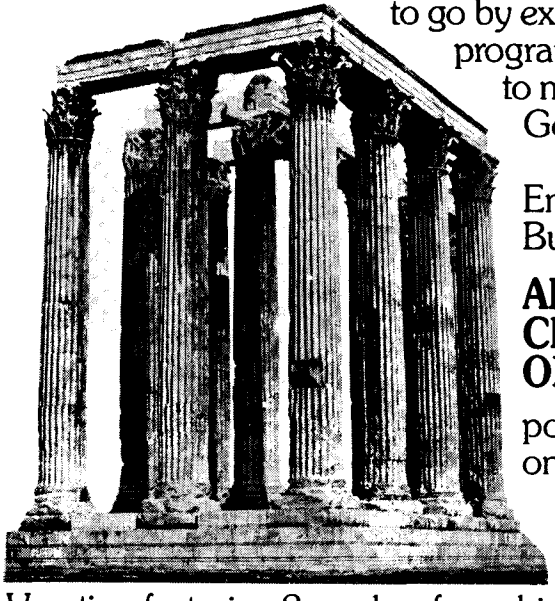

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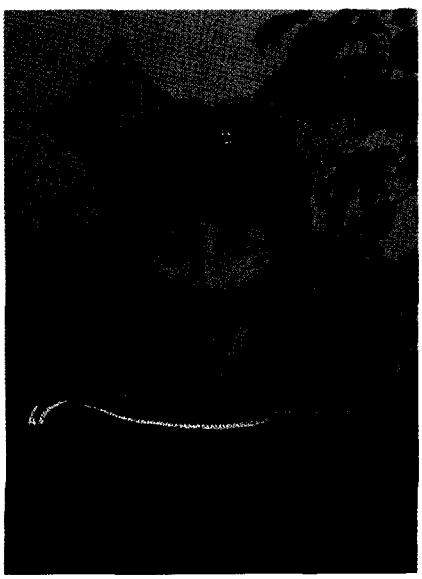
Post People

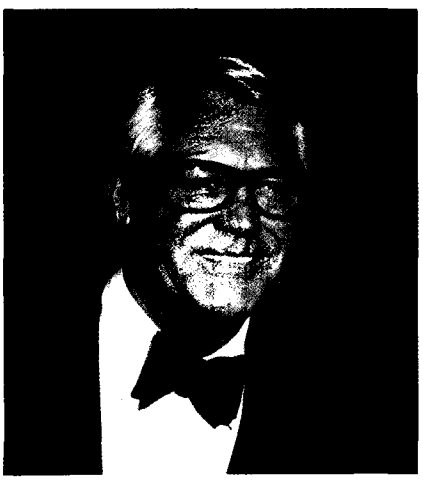
Holly Coors

In the national drive to revitalize the inner cities, ***Bill Marriott*** and his wife, Donna, are doing their part. Long familiar in suburban locations around the United States, today the welcome Marriott sign can be seen more and more often brightening downtown skylines. Bill and Donna having just opened their 130th hotel, it looks as if the Marriotts' hospitality will be awaiting the weary traveler for a long, long time.

Funny lady ***Carol Burnett*** has overcome the unfunny problems of her daughter Carrie's bout with drugs and a trial separation from husband Joe Hamilton after 19 years of marriage. Today, between movie and television assignments, she and two daughters get away from it all in a rambling, beach-front condominium on Maui. Nor does she mind the least bit that, since surgery corrected her "buck teeth and receding chin," people have begun calling her a beautiful woman. "I feel like a kid who has taken her braces off after seven years," she says.

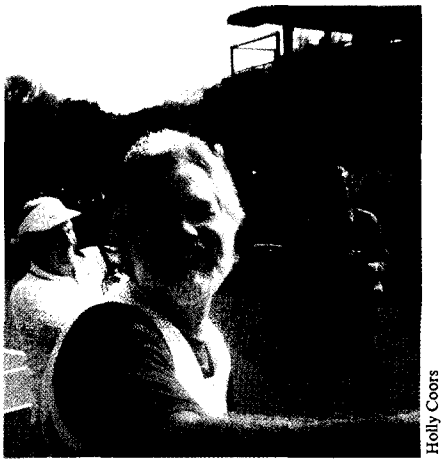


A Cockney stilt-walker at 18, today, at 80, ***Cary Grant*** is smelling like a rose—and other scents produced by Fabergé, the company he serves as a director. Having beautiful Barbara



for a wife and Farrah Fawcett as a colleague is not all that bad, either. Although Grant retired from the screen 18 years ago, the "late show" and replays of his 72 films will make it possible for this debonair lady charmer to enliven our living rooms for years to come.

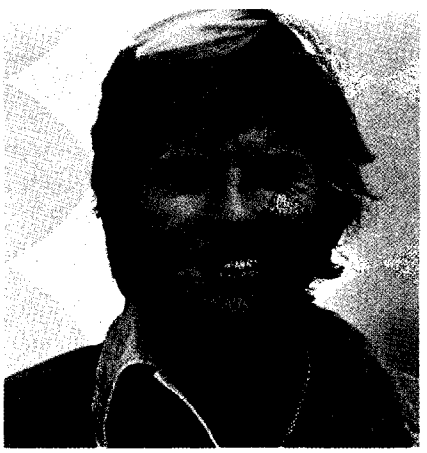
Singer ***Kenny Rogers*** stars on the tennis court as well as in movies, recording studios and on the stage. This country-western music's "Man of the Year" has never shone brighter, however, than when he and his wife, Marianne, collected 20,000 pounds of food for the needy in conjunction with two sold-out shows in Los Angeles. Encouraged by this



Holly Coors

success, the Rogers hope to see the overwhelming response duplicated at shows in Portland, Oregon, and Tacoma, Washington. Then they will explore the possibilities of launching a national drive.

Robert Redford, the Sundance Kid, is also Director Robert Redford of the Sundance Institute. Here, in the mountains of Idaho, he has made it possible for fledgling independent film makers and acting pros to meet, experiment, rehearse, shoot scenes from scripts in progress and enjoy



the mountain air. Besides his fund-raising commitments, Redford has donated the land and facilities for the projects and provides the tension-escape valves, too, including swimming, tennis, volleyball, aerobics classes and a basking party at his own digs. Anyone for basking?

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cut out.

Use the above for what it's worth. May I have the July '82 *Post*—with the arginine charts?

Harred G. Whitney
Titusville, Florida

Now, High-Lysine Wheat and Rye

You are to be commended on your excellent articles related to nutrition and health. The idea of using the high-lysine corn meal is excellent.

Another grain that may be of interest to you is a variety of triticale* called Beagle 82. Triticale is a cross between wheat and rye. Beagle 82 has an excellent balance of amino acids as well as having a higher lysine level (nearly double the content of lysine compared to normal corn). The energy content of triticale is very close to the energy value of corn and wheat. Because of this, Beagle 82 triticale is an excellent grain to use in swine diets. This variety of triticale could be used in human diets. Beagle 82 triticale flour is higher in protein and lysine than straight wheat flour.

Enclosed is an article on Beagle 82 and the typical nutrient composition of this grain.

Erik Cleveland
Extension Animal Scientist
The University of Georgia
College of Agriculture
Athens, Georgia

Beagle 82 sounds too good to be left to the swine. Why should we feed our pigs better than ourselves and our children? Another high-fiber food (grains are best for fiber content) with more lysine should make a nutritional winner for human consumption.

Please send some triticale to the SatEvePost *kitchens. We favor high-fiber/high-lysine foods and would like to get our experimental cooks going with your Beagle 82.*

If the Georgia Department of Agriculture can lead the South in planting triticale instead of tobacco, we'll join your bandwagon. We would be killing many birds with one stone. Is it only grown in the South? How can we get some seed for experimenting in the Midwest?

* The name triticale (pronounced trit-a-kay-lee) is formed by combining *Triti*cum, the botanical name of wheat, with *Secale*, the botanical name of rye.

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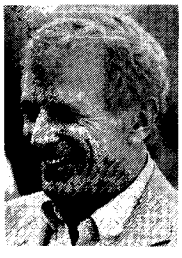
Tom Maupin



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NO TAXEE, NO SHIRTEE

He had always heeded the warning not to "mess with the eagle"—until the IRS took 12 shirts off his back.

by John Gregory Dunne

I remember being given wise counsel in my formative years by a friend who had emerged emotionally scarred and tangibly poorer from an encounter with the Internal Revenue Service. "Don't ever," my friend warned, "mess with the eagle."

Over the years I have assiduously followed that advice. Each April my tax return is prepared by an accountant so fiscally conservative that he makes Calvin Coolidge look like John Maynard Keynes. I never carry money on my person. Instead I carry 22 credit cards, permitting me to charge (and deduct) everything from movie-theater popcorn (business entertainment, Section 162, Internal Revenue Code) to a sauna bath (emotional wear and tear: medical expenses, Section 213, Internal Revenue Code). It is a system that has always given me a secure feeling. And then, last summer, I messed with the eagle—over, of all things, my laundry.

It all began one afternoon when I drove into San Pedro, California, to pick up my shirts and sheets. The scene outside the New Deal Laundry had all the elements of Black Tuesday, 1929. A crowd of angry housewives was peering into the window and pounding on the padlocked door. In the window was a sign: CLOSED FOR NONPAYMENT OF INCOME TAX. INTERNAL REVENUE AGENT WILL BE ON PREMISES AT 2 P.M.

It was then a quarter to four, and the sullen crowd began to close around me. "Are you this agent?" a woman asked truculently.

"No," I said, and fled to my car.

When I arrived the next day, I squinted through the window, and all I saw was a pile of empty polyethylene bags. The proprietor of the store next door told me the IRS man had come, distributed all the laundry and left. Someone, I thought, was 12 shirts and 16 sheets to the good.

From a pay phone on the corner, I called the Internal Revenue Service and asked the name of the agent in charge of the New Deal Laundry caper. His name, I was told, was Mr. Hakimura. "May I speak to Mr. Hakimura?" I asked. The voice parried. What did I want to speak to Mr. Hakimura about? "The whereabouts of certain property," I said—slipping easily into what I imagined was IRS diction—"namely, my laundry." There was a pause. "Mr. Hakimura will get back to you," the voice said.

Three days passed. By this time I was a little gamy, 12 shirts being 3 less than I own. I kept badgering the IRS until finally, after I made a veiled threat of an appeal to higher authority, I was told that Mr. Hakimura might be found at the main branch of the New Deal in Long Beach. By now I felt distinctly committed. I drove to the branch, where I encountered a tall, slender Japanese.

"Mr. Hakimura, I presume," I said calmly.

Mr. Hakimura perused me inscrutably. I produced my ticket and said that I would like my laundry back. He replied equably that he had given back all the laundry. I asked him where he thought mine might be.

"That," Mr. Hakimura said, "is a good question."

Pressed, he suggested that the laundry might be in the truck owned by Mr. Whiffle, the tax-delinquent laundryman. Mr. Whiffle's phone had been disconnected, and it took me two days to track the truck to a San Pedro garage. When I got there, I found the truck padlocked. Maneuvering around me on a skateboard, a mechanic told me that the IRS had sealed it.

My temper was beginning to fray, and during the ensuing days I prowled the corridors of the IRS offices in downtown Los Angeles and belligerently asked strangers, "Where's Hakimura?" But Mr. Hakimura had dropped from sight. Eventually one of his associates suggested I call the cleaning plant where the New Deal sent its laundry. "I don't have access to the name," he said, "but it's in the book."

There are five telephone books in Los Angeles, but by deducing that the plant would be within a 25-mile radius of the New Deal, I located it on the 37th call. I explained who I was and asked if they had my shirts.

"We might," a voice answered. "Or we might not."

"What's that supposed to mean?"

"We're under orders not to give out any laundry information."

"I'm not asking about the Polaris missile system."

"It's a federal affair, Mac."

I called the IRS and told an agent that the cleaning plant had taken the Fifth. He assured me that no injunction had been issued against the dissemination of laundry information. I again called the plant. Just before they hung up, I could hear a voice saying, "It's that nut who wants his shirts back."

Very coolly I dialed the IRS and this time got Mr. Hakimura. "Where are my shirts?" I asked evenly.

"Have you investigated the possibility that they might be on Mr. Whiffle's person?"

continued on page 112

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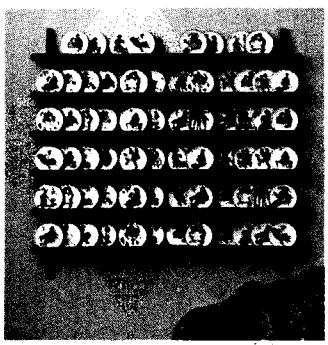

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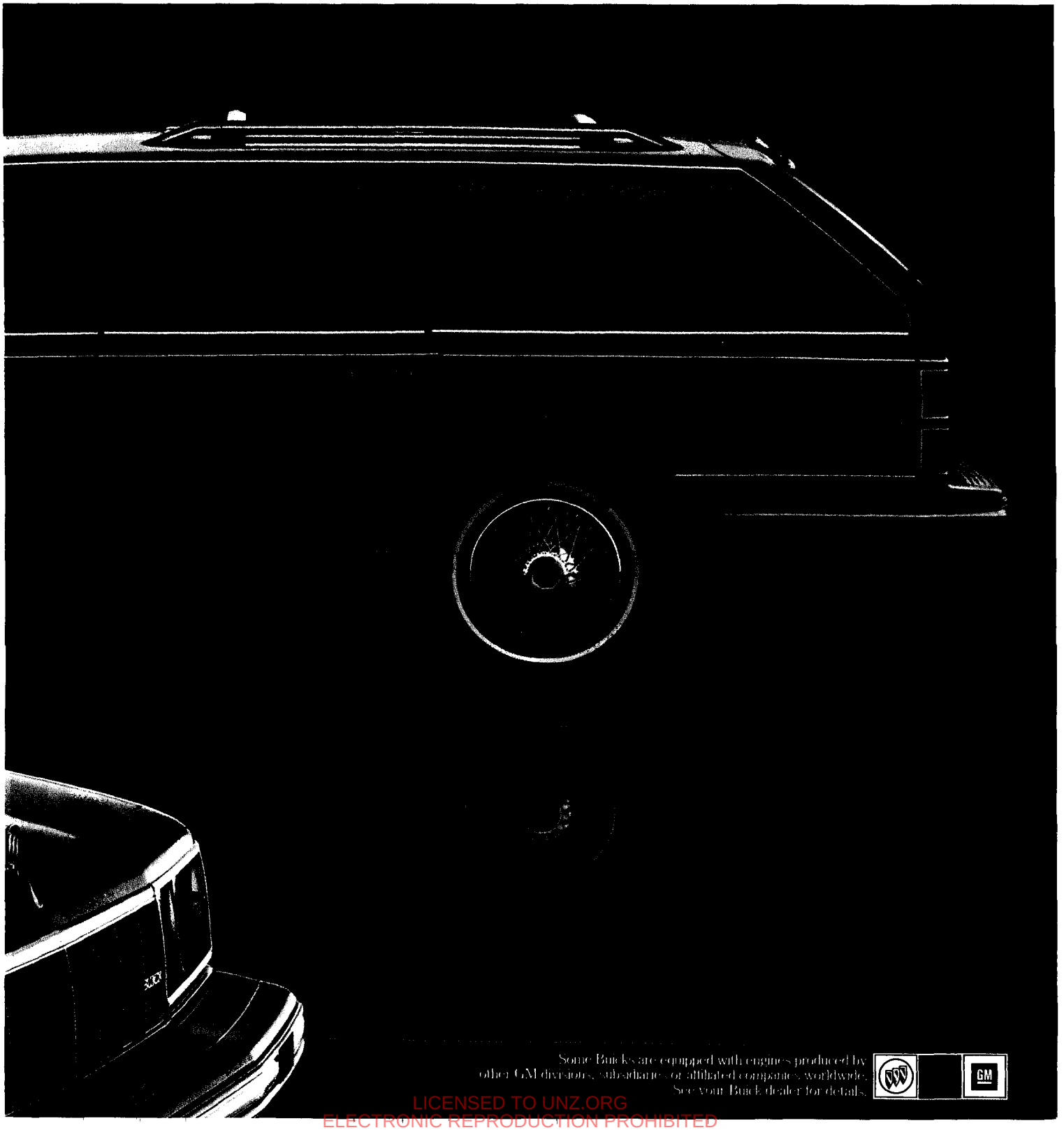

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HIGH-LYSINE CUISINE

Breakfast, lunch, dinner dishes and desserts rich in lysine and low in arginine may help you prevent cold sores and other herpes afflictions.

by Francine Prince

Ten years ago, almost everybody, including my relatives and best friends, said I was crazy. You see, my husband had just had a massive heart attack in which all the arteries to his heart were clogged, and I decided to treat him the nutritional way, by changing his diet.

But the *SatEvePost*, perceptive and wise, chose to introduce my heart-saving recipes to a national magazine audience in 1974. Ten years later my husband is living and well! The proof of the pudding is in the eating. He is still enjoying my latest innovations. Fortunately for all of us this diet, low in saturated fats and cholesterol, high in fiber, with no sugar and salt, is now a widely accepted one for fighting heart disease and for eating healthfully in general.

Dishes such as delicious Blanquette de Poulet, chicken smothered in a savory sauce, make staying on a high-lysine diet a very easy task indeed.

Today there is a somewhat parallel situation to the one I was in ten years ago. The *Post* editors are looking for ways to make high-lysine and high-fiber foods more palatable, more delicious and therefore more widely acceptable to the average American because they feel strongly that these foods may have a great deal to do with preventing cold sores and many other herpes afflictions.

Ironically, it is also exciting to Society researchers that the herpes virus seems to now be implicated in the formation of the cholesterol plaques that cause heart attacks in the first place. If this proves to be true, then the high-fiber, low-fat diet will become important for almost everyone. That is why when the *Post* asked me to present their readers with exciting antiherpes recipes, I accepted the challenge in a second. It was a challenge I was ready to meet, for in the long run, no diet can be effective unless the dishes are so tasty that the dieter can look forward to them and won't be tempted to cheat.

My husband agrees—heartily. A decade after his heart attack he is vigorous, at ideal weight and so healthy that he rarely has a cold and looks 15 years younger than his age. Before you start to cook my antiherpes recipes, I am sure you will want to know the rationale behind them, so I will simply refer you to articles that have appeared in prior issues of *The Saturday Evening Post*: "Does L-Lysine Stop Herpes?" July/Aug. '82; "Herpes Update," September '82; Herpes Update II," October '82; "Herpes Vaccine," November '82; "Herpes Update IV," December '82.

These recipes are built around foods rich in lysine. I also take pleasure in adding to my list of favorite ingredients one well known to the readers of *The Saturday Evening Post* as high-lysine corn meal. I find this high-fiber delight sweeter nuttier and more crunchy than conventional corn meal. It has a more intriguing aroma, makes more attractive-looking dishes and cooks like a dream.

The high-arginine foods excluded from my recipe are nuts and seeds and processed cheese, but not natural cheese, most grains, gelatins and chocolate.

Blanquette de Poulet

(Makes 4 servings)

1 pound chicken breasts, boned and skinned
3 cups chicken broth
1 cup carrots, cut in julienne strips
1 cup zucchini, cut in julienne strips
1 teaspoon dill weed, divided
½ teaspoon onion powder
¼ teaspoon marjoram leaves, crushed
¼ teaspoon garlic powder
1/16 teaspoon white pepper, ground
½ cup skim milk
1 tablespoon corn starch
½ teaspoon salt
½ teaspoon lemon peel, grated
1 egg yolk

Place each chicken breast between two sheets of plastic wrap. Pound with a mallet until ¼-inch thick. In a large skillet bring chicken broth to a boil. Add chicken breasts; simmer, covered, until chicken is tender, 5 to 8 minutes. Remove chicken with a slotted spoon to a warm serving platter; cover and keep warm. Add carrots, zucchini and ½ teaspoon of the dill. Simmer, covered, until vegetables are crisp-tender, 2 to 3 minutes. Remove vegetables with a slotted spoon to platter with chicken; cover to keep warm. Measure liquid in pan and return 1 cup. Add onion powder, marjoram, gar-

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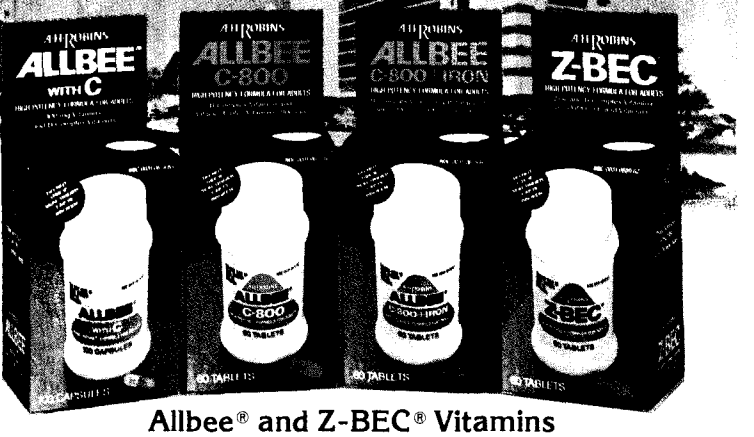

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3. *Winners for the Winter Winning Events will be* selected on or about the week of January 16, 1984. Winners for the Summer Winning Events and the Grand Prize drawing will be selected on or about the week of May 21, 1984. All winners will be notified by mail. Decisions of the Carlson Marketing Group Inc., an independent judging organization, are final. Chances of winning depend upon the total number of entries received.
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lic powder, white pepper and remaining ½ teaspoon dill. Bring to a boil. Reduce heat and simmer, covered, 2 minutes. Combine milk, corn starch, salt, lemon peel and egg yolk. Stir into liquid in skillet. Bring to a boil; boil for one minute, stirring constantly. Spoon sauce over chicken and vegetables.

Light Pineapple Corn Bread
(Makes 8 servings)

1½ cups high-lysine corn meal
¼ cup toasted wheat germ (no sugar added)
1 teaspoon each cinnamon and coriander, ground
2½ teaspoons low-sodium baking powder
1 egg yolk
⅓ cup frozen apple-juice concentrate
1½ cups low-fat plain yogurt
1 8-ounce can unsweetened pineapple, well drained, crushed
1 tablespoon unfiltered honey
2 egg whites
⅛ teaspoon cream of tartar
¼ teaspoon sweet margarine

Combine first 4 listed ingredients in large bowl, stirring to blend. In another bowl, whisk egg yolk with apple-juice concentrate. With wooden spoon, stir in yogurt; then stir in pineapple and honey. Pour mixture into dry ingredients, stirring with wooden spoon until well moistened. Beat egg whites with cream of tartar until stiff. Fold into corn meal mixture, taking care not to overfold. Pour into margarine-greased 10-inch pie pan. Bake in preheated 350° F. oven for 40-45 minutes. (Toothpick inserted into center of cake should come out clean.) Let cool on rack for at least 10 minutes before cutting into wedges. Serve warm. NOTE: Leftover cake freezes magnificently. Reheat, foil-wrapped, in 350° F. oven for about 15 minutes.

Frothy Fruit Milk Shake
(Makes 2 servings)

6 canned unsweetened apricot halves
2 teaspoons frozen apple-juice concentrate
½ ripe banana, sliced
½ cup each skim milk and low-fat plain yogurt
½ teaspoon each cinnamon and coriander, ground
3 ice cubes, crushed
½ teaspoon pure vanilla extract (optional)

Combine all ingredients in food blender and puree until smooth and frothy. Pour into 2 tall, chilled glasses. Serve immediately.

Spiced Sautéed Bananas with Creamy Yogurt Topping
(Makes 2 servings)

2 teaspoons sweet margarine
2 ripe bananas, sliced
½ teaspoon each cinnamon and ginger, ground
1 teaspoon fresh lemon juice
2 teaspoons wheat germ, toasted (no sugar added)
½ recipe Creamy Yogurt Topping (see recipes for Spiced Prunes)

Melt margarine in nonstick skillet over medium-high heat, spreading across skillet with spatula. Add bananas, spreading out into one layer. Sprinkle with spices. Sauté for 1½ minutes without stirring. Turn gently with spatula. Sauté for 1½ minutes. Sprinkle with lemon juice. Stir. Transfer to serving dish. Sprinkle with wheat germ and serve immediately.

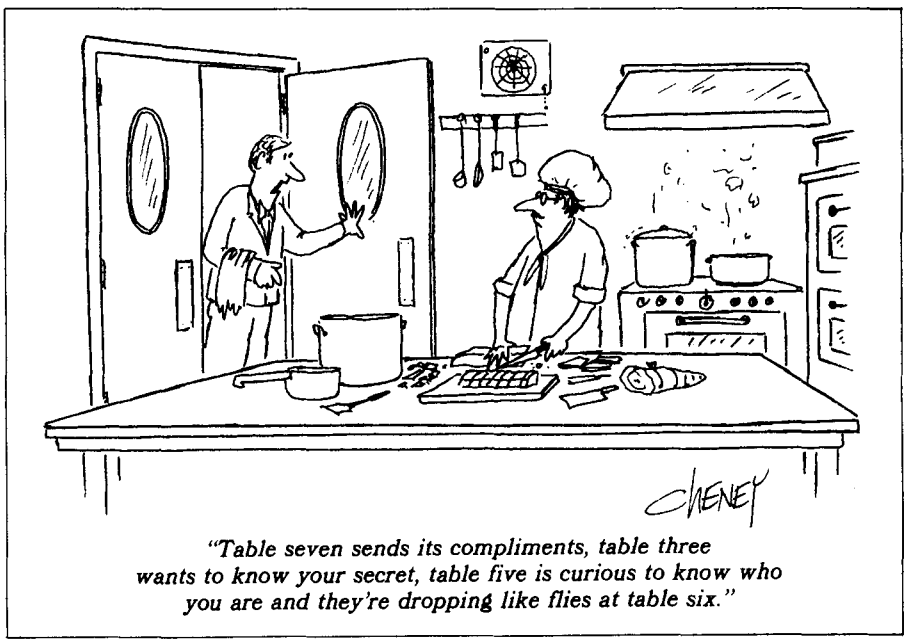
Carrots with Cheese Sauce and Dill
(Makes 4 servings)

2 cups carrots, diced
1 tablespoon peanut or corn oil
2 tablespoons shallots, minced
1 large mushroom, coarsely chopped
2 tablespoons tarragon vinegar
⅓ cup homemade fat-skimmed chicken broth or canned fat-skimmed, low-sodium chicken broth
1 tablespoon fresh dill, minced
½ teaspoon each ginger and cardamom, ground
⅔ cup skim milk
2 tablespoons part-skimmed mozzarella cheese
3 to 4 dashes red (cayenne) pepper, ground
3 tablespoons high-lysine corn meal

Place carrots in heavy-bottomed saucepan. Add enough water to barely cover. Bring to boil. Reduce heat, cover and simmer for exactly 12 minutes. Drain, reserving cooking liquid. Transfer carrots to serving bowl. Cover to keep warm. Wipe out saucepan. In same saucepan, heat 1 tablespoon oil. Add shallots and mushroom. Stir and sauté over medium heat for 1½ minutes. Add vinegar. Cook, uncovered, until all liquid is reduced (about 2 minutes). Stir in chicken broth, ¼ cup reserved carrot juice, dill and spices. Simmer, uncovered, over medium-high heat for 3 minutes. Combine milk with mozzarella cheese, ground red pepper and corn meal. Add to simmering mixture. Cook over low heat, stirring constantly, until thickened. Spoon over carrots and serve immediately.

Poached Trout with Shrimp Sauce
(Makes 4 servings)

For the poaching liquid and fish:
¾ cup homemade fat-skimmed chicken broth (no salt added) or canned fat-skimmed low-sodium chicken broth



"Table seven sends its compliments, table three wants to know your secret, table five is curious to know who you are and they're dropping like flies at table six."

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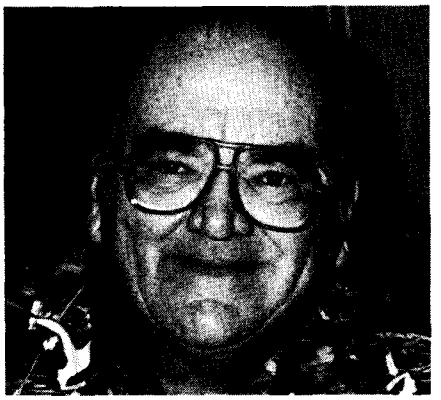

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¼ cup dry vermouth or white wine
2 teaspoons garlic, minced
2 tablespoons shallots, minced
⅓ cup onion, chopped
¼ cup fresh mushrooms, coarsely chopped
1 small bay leaf
1 teaspoon carrot, finely grated
2 brook trout (about 1 pound each), filleted, skin left on

For the sauce:
4½ teaspoons peanut oil
2 tablespoons shallots, minced
½ cup coarsely fresh mushrooms, chopped
½ pound unshelled shrimp, shelled, deveined and coarsely chopped
6 dashes red (cayenne) pepper, ground
1 teaspoon curry powder
1 tablespoon arrowroot flour
⅔ cup evaporated skim milk
2 tablespoons fresh dill or parsley, minced

Prepare poaching liquid by combining first 8 ingredients in large nonstick skillet. Bring to boil. Reduce heat to simmering. Cover and simmer for 5 minutes. Add fillets, skin side down. Bring to simmering point, spooning with liquid. Simmer for 10 minutes, spooning with liquid from time to time. With slotted spatula, transfer fish to warm serving plate. Cover to keep warm. Strain contents of skillet into measuring cup, pressing out juices. If there's less than ¼ cup, add chicken broth to equal ¼ cup. Set aside. Rinse out skillet. To prepare sauce, heat oil in skillet until hot. Spread shallots, mushrooms and shrimp across skillet. Sprinkle with ground red pepper and curry. Sauté over medium-high heat, stirring every few seconds, until shrimp turn light pink. Add reserved poaching liquid. Stir and cook for 30 seconds. Combine and blend arrowroot flour with milk. Gradually add to skillet, stirring constantly until sauce reaches a medium-thick consistency. Pour over fish. Sprinkle with dill or parsley and serve at once.

Crunchy Fillet of Flounder
(Makes 4 servings)

¼ cup each rolled oats and high-lysine corn meal
⅛ teaspoon red (cayenne) pepper, ground
2 tablespoons fresh lemon juice
2 teaspoons frozen orange-juice concentrate
1 teaspoon ground ginger
1 pound fresh fillet of flounder, cut into 4 serving pieces
4 teaspoons peanut or corn oil
1 leek, white part only, well washed and minced, or ⅓ cup onion, minced
1 teaspoon garlic, minced
Tarragon vinegar

Place rolled oats in food blender and blend briefly (or crumble with rolling pin). Place in small bowl with corn meal and ground red pepper. In small bowl, combine lemon juice, orange-juice concentrate and ginger. Wash fish and dry well with paper toweling. Lay in shallow dish. Pour lemon-juice mixture over fish, turning to coat. Let stand for 15 minutes. Drain. Dip fish into corn meal mixture, turning to coat well. Heat 2 teaspoons oil in large nonstick skillet until hot. Spread leek and garlic across skillet and sauté for 1 minute. Lay fish atop mixture and sauté over medium-high heat until golden brown. Add remaining 2 teaspoons oil to skillet. Turn fillets and sauté until crisp, adjusting heat if necessary so that crust doesn't burn. Serve immediately on warmed platter sprinkled with vinegar.

Breakfast Hotcake
(Makes 4 servings)

½ cup high-lysine corn meal
1 teaspoon low-sodium baking powder
¼ cup whole-wheat flour, stone-ground
½ teaspoon cinnamon, ground
¼ teaspoon each ground coriander and nutmeg, freshly grated
2 eggs (use 1 yolk and 2 whites)
½ cup skim milk
½ teaspoon pure vanilla extract
¼ cup ripe banana, mashed
6 teaspoons sweet margarine
2 teaspoons honey, unfiltered

Combine first 5 listed ingredients in mixing bowl. In another bowl, whisk eggs with milk and vanilla. Stir in banana. Gradually add egg mixture to dry ingredients, stirring with wooden spoon until all flour is well moistened. Heat 4 teaspoons margarine in 10-inch iron skillet until hot and bubbly. Pour batter into skillet, tilting from side to side to evenly distribute. Transfer skillet to preheated 350° F. oven and bake for 15-20 minutes. Finished hotcake should be lightly browned on top and crispy on bottom. While hotcake is baking, combine and heat re-

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maining 2 teaspoons margarine and honey over pot of simmering water, stirring well. Transfer finished hotcake from skillet to warmed serving plate. Brush with honey mixture and serve immediately. Variation: Serve with *Creamy Yogurt Topping* (see following recipe for Spiced Prunes).

Spiced Prunes with Creamy Yogurt Topping
(Makes 6 servings)

Prunes:
1 8-ounce can prunes (no preservatives added)
½ cup apple juice (no sugar added)
1 teaspoon fresh lemon juice
½ teaspoon coriander, ground
¼ teaspoon each cinnamon and cardamom, ground

Topping:
3 tablespoons part-skim ricotta cheese
5 tablespoons low-fat plain yogurt
¼ teaspoon each cinnamon, ground, and nutmeg, freshly grated
1 tablespoon unsweetened pineapple juice
2 teaspoons unfiltered honey, or 1 packet (1 gram) Equal® (optional)
2 tablespoons ripe banana, mashed
Place prunes in small, heavy-bottomed saucepan. Add balance of ingredients. Bring to boil. Reduce heat, cover and simmer for 10 minutes. Partially uncover and let prunes cool in pot. Store in refrigerator in tightly closed glass jar. Serve chilled or at room temperature. To prepare topping, put cheese through ricer or strainer into small bowl. Stir in yogurt and spices. Combine pineapple juice, honey (or Equal®) and banana. Gently fold into yogurt mixture. Serve chilled.

Quick and Luscious Spiced Chicken
(Makes 4 servings)

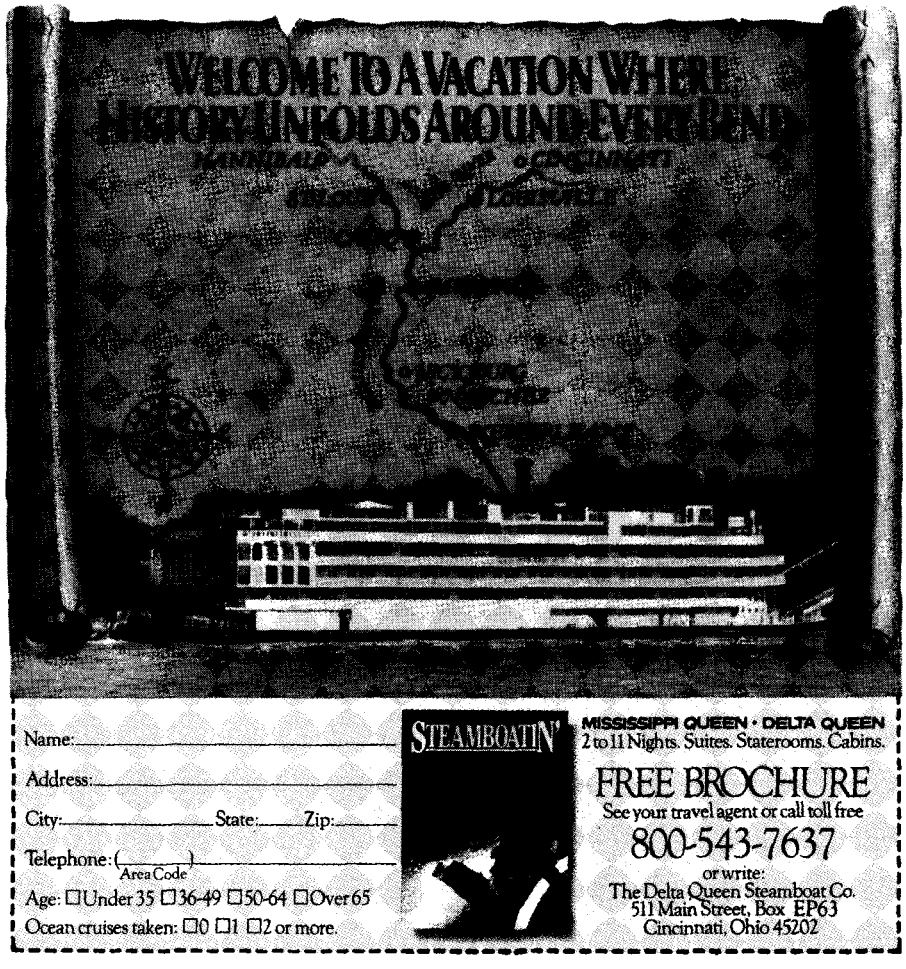
1¼ pounds thin-sliced chicken breasts, boned and skinned
1 tablespoon fresh lemon juice
½ teaspoon each cinnamon, coriander, curry powder, and sage, ground
2 teaspoons peanut or olive oil
2 tablespoons shallots, minced
2 teaspoons garlic, minced
1 cup homemade fat-skimmed chicken broth (no salt added) or canned fat-skimmed low-sodium chicken broth
2 tablespoons parsley, minced
1 tablespoons high-lysine corn meal
1 whole jarred pimento (no salt added) well drained, cut into strips
Wash and dry chicken breasts. Place in small bowl. Sprinkle with lemon juice, turning to coat. Let stand, covered, for at least 30 minutes. Pat dry. Combine spices and sage. Sprinkle and rub into chicken. Heat oil in large nonstick skillet until hot. Spread shallots and garlic across skillet. Sauté for 1 minute. Lay spiced chicken on mixture and cook for 3 minutes on each side. Pour broth around chicken. Add parsley. Bring to simmering point. Turn chicken several times to coat. Reduce heat, cover and simmer gently for 15 minutes, turning once midway. Pour ¼ cup hot cooking liquid into cup. Stir in corn meal. Pour mixture back into skillet. Cook over low heat until sauce thickens, stirring and turning chicken several times (about 5 minutes). Serve immediately, garnished with pimentos. Variation: Substitute thin-sliced turkey cutlets (cut from the breast) for chicken. Increase cooking time to 25 minutes in step 3.

Easy Pineapple Sherbet
(Makes 6 servings)

1 can (20-ounce) pineapple chunks packed in unsweetened pineapple juice
2 teaspoons fresh lemon juice
¾ cup evaporated skim milk
¼ teaspoon ginger, ground
1 tablespoon sweet sherry (optional)
Combine all ingredients in food blender. Puree on high speed for 1 minute. Turn into freezer tray that has been rinsed in cold water. Place tray directly onto metal in freezer and freeze until almost firm (about 2 hours). Beat with portable electric mixer in tray, or turn into bowl and whisk until light. Pour back into freezer tray to freeze. This time do not place tray in direct contact with metal. Freeze for 1½ hours. Finished dessert should be creamy and semi-soft.

Crème de la Lysine

From the test kitchens of *The Saturday Evening Post*, comes the following recipe for transforming skim milk to the consistency and appearance of cream by adding high-lysine corn meal. To 1 cup of skim milk, add 1 teaspoon of finely ground high-lysine corn meal. Boil for 5 minutes in a double boiler.



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"The Gossips," March 28, 1948

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ARTHRITIS: ARE FOOD ALLERGIES AN ANSWER?

Doctors are just beginning to scratch the surface, but they're turning up more and more evidence that food allergy can go clear to the bone.

by B. A. Vinocur

For years the idea that food allergies play a role in arthritis had been dismissed as nonsense by much of the medical establishment. But not so today. The reason for the change of heart is straightforward: slowly, scientific evidence is implicating food allergies in a variety of health problems.

Last October, a team of British doctors, writing in the British medical journal *The Lancet*, reported a link between food allergies and migraine headaches in children. More than 90 percent of the 88 children in their study improved once the foods they were allergic to were eliminated from their diets.

"Most people have just one picture in their minds of food allergies. Namely, the person eats a forbidden food and within seconds is either covered with hives or is having trouble breathing. That happens, and it can be a life-threatening situation, but most food allergies are far less dramatic," explained Alan S. Levin, M.D., adjunct associate professor of immunology and dermatology at the University of California Medical Center in San Francisco (UCSF).

Levin and others working on the puzzle of food allergies and arthritis say the typical story is usually not all that different from Dorothy Calwell's. "As far as I knew I didn't have any allergies. What I did have was arthritis and a terrible skin rash which covered my face and kept creeping into my eyes," she explained.

Like millions of other arthritis sufferers the Ventura, California, woman was taking one of the nonsteroidal anti-inflammatory drugs (NSAIDs). "I couldn't make a fist and needed a cane to walk. Often I didn't do anything more than take my Motrin® [a NSAID], sit in the jacuzzi and go to bed," Calwell said. But increasing doses of Motrin® didn't seem to be doing the job, and her skin rash (dermatitis) was once again inching toward her eyes. "My doctor suggested I try another course of Prednisone. I went ahead with it but I wasn't happy about it," she added.

Actor James Coburn suffered from arthritis that might have ended his career, but he improved dramatically after removing offending foods from his diet.

Calwell's concern about Prednisone is shared by doctors. Corticosteroids are not only potent immunosuppressive drugs, but they can lead to a variety of other problems, as well. "Anyone who knows anything about them would prefer not to take them if they had a choice," she added. Fortunately for Calwell there was a choice.

Breaking with tradition, Calwell sought out not another rheumatologist (arthritis specialist) but instead an allergist/nutritionist. Now arthritis- and dermatitis-free for nearly 16 months, Calwell and her husband were finally able to take the trip to Australia they had been planning for years. "My family doctor says I'm in better shape than I have been in in years. My husband says it's a miracle. I'm just thankful that I can do all the things I couldn't for so long," she said.

A growing number of allergists are seeking to unlock the riddle of delayed food allergies. What they mean by an "allergic reaction" to food is different from what most people think of when they hear the word allergy. There are no hives and often the reaction doesn't occur until hours or days after the offending food or foods have been eaten.

Actor James Coburn first sought treatment after he had completed a movie in Mexico. His arthritis was so bad during the filming that he could hardly move. They were lifting him on and off horses using a crane. Coburn was dramatically improved by eliminating the offending foods from his diet. He remarked during a December 1981 appearance on the "Merv Griffin Show" that the diet had saved his life.

How common, then, are such delayed food allergies? UCSF's Levin explained that although no one really knows for sure, he believes they are far more common than many of his colleagues might imagine. "This is, relatively speaking, a new area in medicine. Many doctors were never taught anything about this type of allergic reaction occurring in association with eating foods," he said.

Such statements are backed up by a Michigan allergist who chaired a committee formed by the American College of Allergists to look into the association between arthritis and food allergies. "I don't think there's any doubt that in many cases arthritis symptoms are linked to these

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delayed food allergies. A number of studies have shown that. And, while we don't yet have precise figures on how common the problem is, I think it's reasonable to estimate that somewhere in the neighborhood of 60 to 80 percent of arthritis sufferers would benefit from dietary manipulations," explained James C. Breneman, M.D.

Although interested in the association between delayed food allergies and arthritis, those who make their livings treating arthritis sufferers are somewhat skeptical of the numbers being tossed about. "I think there are probably some small number of patients who are helped by altering their diets, but I don't think the number is anywhere near the 60 to 80 percent figure being discussed. That's ridiculous," said Frederic C. McDuffie, M.D., senior vice president for medical affairs at the Arthritis Foundation.

Physicians such as Levin are undaunted by comments like those of McDuffie. "I think," he said, "we recognize that what we're saying goes against much of what rheumatologists have been saying for years. Nevertheless, the evidence is there that this is very much a real phenomenon."

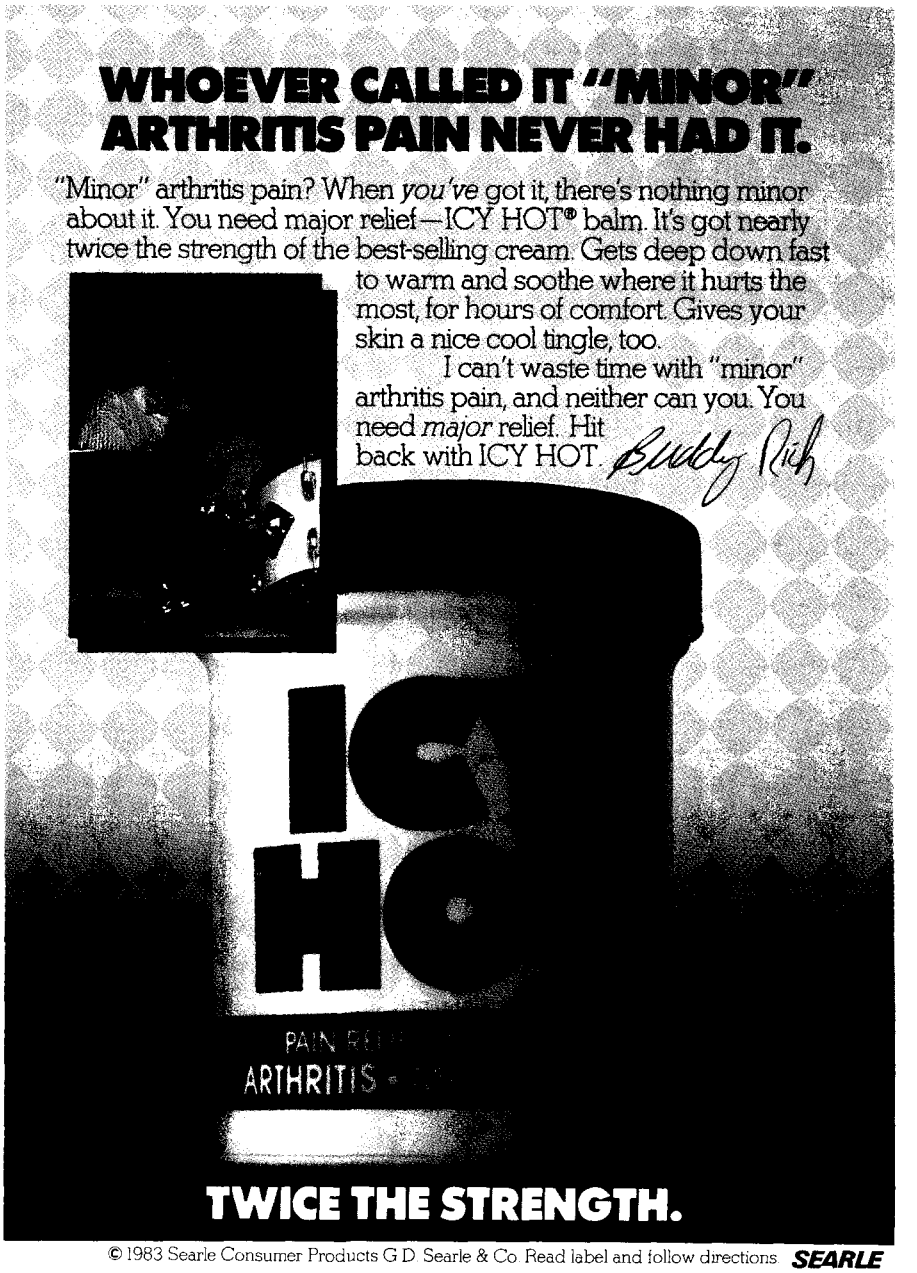
Levin and others explain that the key to the link between allergies and arthritis is something called immune complexes. These complexes are formed when protein-building blocks in food, called macromolecules, make their way from the intestine into the blood stream. In the person with food allergies, these antigens combine with antibodies against the offending food to form immune complexes. "When they deposit in joint spaces they produce inflammation, and that is what causes the pain, swelling and stiffness," Levin said. He went on to explain that in his view food allergies don't cause arthritis, but rather that they exacerbate the problem.

But understanding how food allergies contribute to arthritis symptoms isn't the whole story. Patients need to find out what foods they are allergic to if they are to control the problem. One doctor explained that he prefers finding the specific foods a person is allergic to rather than just trying one of the many so-called arthritis diets: "The problem with those is that they may or may not work. Certain foods or groups of foods, like the nightshades [including potatoes and tomatoes] are frequent offenders. Pork and some wheat products may also be culprits, but if you develop a diet plan rather than identifying the specific foods, you can totally miss what might be a given patient's problem food(s)."

However, deciding to identify specific foods and actually doing it are often totally different things. Breneman said testing for delayed food allergies can be quite complicated. "Most of our attention," he explained, "is focused on tests which measure immune complexes in the blood and a new patch test which can spot delayed food allergies."

Breneman and Levin reject the controversial cytotoxic test, which looks at white blood cells' response to specific antigens. They say that the mainstays remain elimination diets and the newer patch tests and blood tests for immune complexes. "We start out," Levin said, "by eliminating foods from the diet and then slowly add them back and observe the patient's response." Ironically, the offending food is often one which the patient craves.

"It's hard for people to understand at first why they should crave something which is in fact making them sick. But the key is that the biochemistry of food allergy is very similar to the biochemistry of heroin addiction," Levin explained. As a result, when patients are first taken off the allergy-producing foods they often go through withdrawal.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Improving the lot of those with arthritis is, of course, the goal of all those who treat arthritis sufferers. Richard S. Panush, M.D., associate professor of medicine and chief of clinical immunology at the University of Florida in Gainesville, is one rheumatologist who believes there may indeed be something to the allergy-arthritis connection. "This has been a slow area to develop for a variety of reasons. However, we and others are very interested in it. We've already done one study on the role of diet in alleviating arthritis symptoms. What we found was that a very small number of patients seemed to benefit from the dietary manipulations. And we are in the process of doing more work on this," Panush explained.

One reason Panush and others may not be seeing the same dramatic results some claim they are is that the former have studied so-called arthritis diets. "The problem with those is that they are essentially a hit-or-miss thing. If the diet happens to eliminate the food you're allergic to you get better, but if the food that triggers your allergic response isn't on the list, you stay the same," said one M.D. And that, some say, is one reason that diet therapy for arthritis is viewed so skeptically by the medical profession.

However, a number of foods do seem to crop up time and time again in arthritis sufferers with food allergies. Pork, wheat products, the so-called nightshades, milk and eggs are among the most prominent. "We found," Breneman said, "that pork was a very common offender." Others have found alcoholic beverages to be a common trigger.

Better defining the triggers and testing for them ahead of time is something that will require more research and will require more funding. Panush believes more money needs to be spent on such studies so that it can be determined once and for all how significant a problem food allergies are in causing arthritis symptoms. "I think," he explained, "that those of us involved in this field have to do more than just keep an open mind. I think we need to do more research on this."

Although the Arthritis Foundation is keeping an open mind, its current position is that dietary manipulations have no proven efficacy in treating arthritis sufferers. But it

Senator Orrin Hatch of Utah is spearheading a drive to put a bill through Congress that would provide additional funding for arthritis research.

is behind federal legislation that seeks to establish a separate division within the National Institutes of Health (NIH), one devoted exclusively to arthritis and related disorders. This legislation should produce more funding for arthritis-related research, as well.

Senator Orrin Hatch (R-Utah) is now spearheading the drive to get the bill, originally introduced by Senator Barry Goldwater (R-Arizona) and Senator Alan Cranston (D-California), through Congress. Hatch explained that the magnitude of the arthritis problem means that it needs its own institute within the NIH. "There are approximately 36 million people in the United States who have one of the more than 100

diseases which are lumped under the broad heading of arthritis and related disorders. That translates into," Hatch said, "one in seven people. It's a leading cause of disability and industrial absenteeism."

McDuffie and the Arthritis Foundation believe the federal government is hampering the battle against arthritis by underfunding research. The Arthritis Foundation estimates about $44.8 million is spent annually on arthritis research. That translates into $1.24 per arthritis sufferer. Cancer, on the other hand, has a budget of about $935.3 million, which translates into $187.06 per cancer patient.

The legislation currently winding its way through congressional corridors would establish a separate institute within the NIH called the Institute of Arthritis, Musculoskeletal and Skin Diseases. "Right now arthritis falls under the National Institute of Arthritis, Diabetes, Digestive and Kidney Diseases," Hatch said. NIH director James B. Wyngaarden, M.D., and the Reagan administration oppose the bill, a position supported by the American Medical Association.

The Arthritis Foundation's McDuffie explained that past history shows such proposals are usually opposed. "Part of the problem is a resistance to change. But the key issues in the view of the bill's opponents seem to be a fear that this enlarges the bureaucracy, making administering the NIH an even more difficult task than it now is. And there is concern that if arthritis gets its own institute, eventually every disease will receive its own separate institute as well," he said.

Regardless of whether the bill establishing a separate arthritis institute makes it through the series of obstacles facing it, such researchers as Levin and others vow they will continue to do the research necessary to unravel the link between food allergies and arthritis. "The thing to keep in mind is that many of the therapies now being used to treat arthritis have potentially serious side effects associated with them," says Levin. "Excluding offending foods from one's diet may be a bit inconvenient at first, but provided adjustments are made to assure adequate nutrition, there are no serious problems associated with giving it a try."

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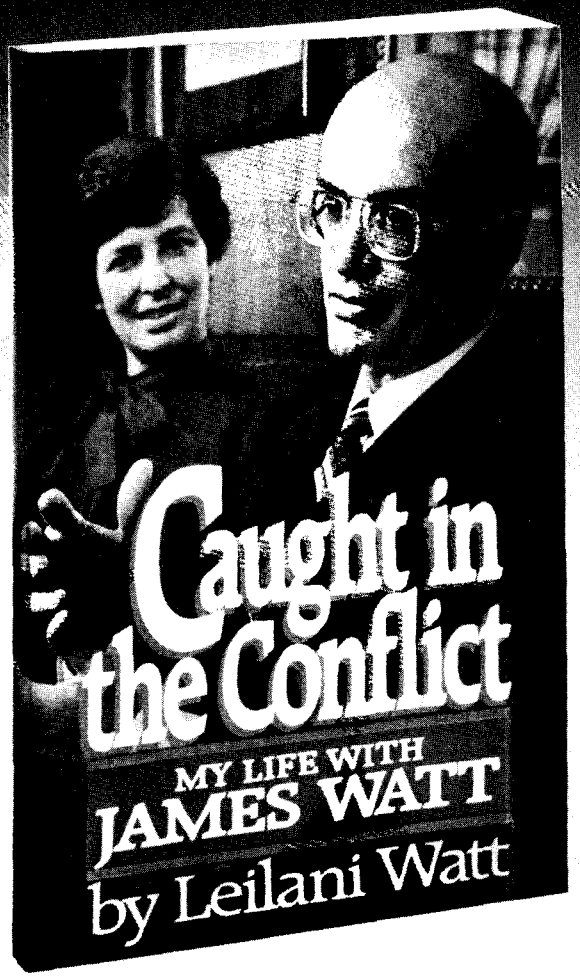
The Truth Revealed Behind
The James Watt Controversy



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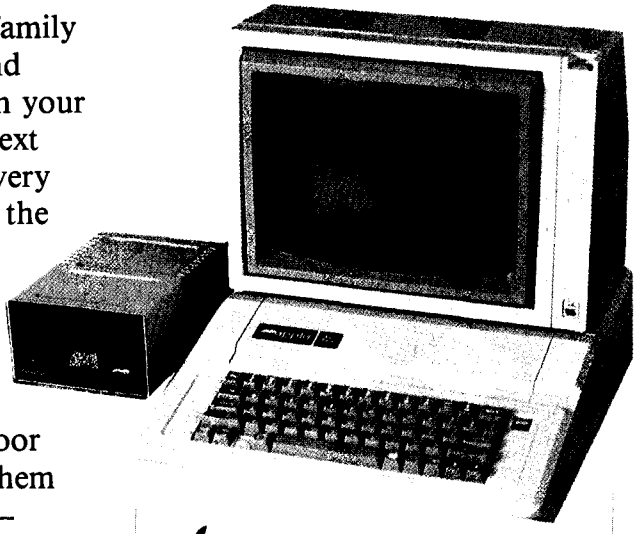
To enter this exciting new event, you have only to decide on the happiest, healthiest, most harmonious family among your relatives, friends and acquaintances, then send along a photo of the family with a short account of the reasons for making that family your candidate. We will follow up by sending the family a questionnaire for additional facts. From the questionnaires, impartial judges at *The Saturday Evening Post* will select the winning All-American 1984



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Contest Rules

1. Please enclose a recent photograph of the family you wish to nominate and a brief statement on why you believe this family should win.
2. Submission of each entry constitutes permission to use entrant's photo and facts in the *Post*.
3. Winner to be chosen by panel of The Saturday Evening Post Society judges.
4. The *Post* reserves the right to investigate the eligibility of all entrants.
5. Employees of The Saturday Evening Post Society and their families are not eligible.
6. Nomination entries must be received no later than August 1, 1984.
7. Immediate family members of the winning family are not eligible to win the Kodak camera nominating prize.

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VETS ON PETS

PUPPIES: THE PICK OF THE LITTER

Before choosing the pet that will be "top dog" in your life, here are some things to consider.

H. Ellen White, D.V.M.

Ah, spring! It's the time for new beginnings, new challenges, and for many that means getting a new puppy.

Unfortunately, some people make the mistake of falling in love with a dog at first sight only to suffer later consequences, such as squeezing a full grown Great Dane into an efficiency apartment. It's best to consider the requirements of your lifestyle before you go shopping and make the selection based on those prerequisites rather than on impulse.

Your goal should be to select a playful, friendly and healthy puppy. Many people, when confronted with a litter, will pick the sickly runt because he is small and cute. Some runts grow up to be healthy pets, but many do not. So don't risk it.

Observe the puppies as they interact and try to determine which is most bossy, shy or playful. Then observe each puppy individually. Try to attract the puppy to you by calling or clapping your hands. A puppy that approaches shyly, tail down, exhibits a submissive type of personality. Such a puppy needs praise and gentle handling. An extremely dominant puppy, one that jumps on you and bites your hands, would be a poor selection for a young child. This puppy needs strong handling. The puppy that would be just right for a young adult is probably the wrong choice for an elderly couple or a family with young children.

Beyond selection, new puppy owners should be concerned about housing, feeding, training, grooming and veterinary care. Libraries and book stores are filled with good books about these aspects of dog ownership, and you would do well to acquaint yourself with them before bringing the new puppy home. Here are some tips:

Have a bed prepared in a quiet area of your house before the puppy arrives and make sure that the children realize that the puppy, newly separated from its mother and siblings, may be apprehensive and afraid. Don't overhandle the puppy at first.

Make sure that fresh, cool water is available to the puppy at all times. Multiple feedings of three to four times a day are necessary when a puppy is six to eight weeks old but can be less in frequency as it grows older. Once-a-day feeding is fine for an adult dog. Avoid developing a finicky or obese pet by feeding it a good brand of puppy food and sticking with it—no table scraps. Dogs do not need variety in their diets.

A major concern of many new puppy owners is house training. House training should begin when the puppy is between 8 and 14 weeks old. A puppy typically eliminates when he awakens, after eating, after intense activity and before sleeping at night. You can help regulate the schedule by providing strict routines for feedings, resting and playing.

When the puppy is to be alone, confine it to a space large enough for a water bowl and a clearly defined bedding area, but one small enough to limit the amount of space for accidents. Most dogs do not like to soil their beds.

Patience and consistency are essential. Praise is a strong motivator and should be given when the dog goes to the proper area. A loud "no" serves as a negative response to accidents. And accidents will happen despite the most diligent efforts of the owner.

Obedience training should begin the day you bring the new puppy home. Give the puppy a name and use it when speaking to him or before giving obedience commands. Also, the puppy should have a collar that fits well and a leash with an attached tag denoting your name, address and telephone number. Remember, you are training your puppy each day through your actions. If your puppy cries and whines on its first visit to the veterinary hospital and you react with apprehension and concern, you are reinforcing that behavior. If you act as if there is nothing to worry about, you will find that the puppy will follow your emotional example.

Your puppy's first visit to his doctor should be made soon after selection. It is better to find problems, if they exist, sooner than later.

Your veterinarian will check the puppy for parasites and assess its general health, as well as make recommendations for vaccination schedules and proper nutrition.

Common internal parasites that can infect your puppy are roundworms, hookworms, whipworms,

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tapeworms and coccida. In the case of hookworms and roundworms, puppies may be born infected via the mother's placenta or colostrum (first milk). A laboratory examination of your puppy's feces will detect any such infection.

Another internal parasite of concern is the heartworm. Heartworms are long, stringlike worms that inhabit the right chamber of the heart and the pulmonary vessels. They spread from infected dogs to others via mosquitoes. In recent years, heartworms have spread from the Gulf Coast to other areas of the United States with the exception of certain areas of the arid Southwest. Heartworms can be prevented by giving your puppy an oral medication during the mosquito season. Older dogs should have a blood test before starting the drug.

External parasites of concern include fleas, ticks, mange mites and ear mites.

Puppies should be vaccinated against the infectious diseases of distemper, hepatitis, parainfluenza, parvovirus, leptospirosis and rabies. Vaccinations should be started when the puppy is about 8 weeks old and continue at scheduled intervals, according to your veterinarian's recommendations, until it is 16 to 18 weeks old. Annual boosters are recommended.

A good pet owner is a responsible neighbor. This includes observing leash laws, cleaning up after a pet when walking on public property and preventing unwanted pregnancies by spaying or neutering the pet at sexual maturity (usually six to nine months of age).

Owning a dog can be a rewarding experience. Adequate preparation, knowledge and effort on your part will ensure that "puppy love" will blossom into a warm and beneficial bond between you and your dog.

Questions for the Vet

Dear Dr. White:

My pet cat, Buttons, died about six months ago, and I still miss and mourn her. The rest of the family has made fun of the way I carried on when Buttons died. Buttons had been with me longer than my present husband and children. Is it abnormal to grieve so over an animal?

Beverly Hunt
Memphis, Tennessee

Dear Mrs. Hunt,

From your letter, I surmise that you had a deeper attachment to Buttons than your husband and children had. It would be normal for you to be affected by her death to a greater extent than they are. The death of a beloved companion, be it human or animal, is a loss. Mourning and grief over Button's death are a normal reaction. The elements of grief (denial, anger, guilt, depression and acceptance) must be worked through. Unfortunately, many people suppress the grief process because of the insensitivity of others to the important bond between certain people and their animals. I would encourage you to seek the support and sympathy of others as you talk through these feelings of loss. If an understanding friend is not available, perhaps professional counseling would be advisable.

H.E.W.

Dear Dr. White:

How long does it take for a dog to have puppies? My mother says six months, but my teacher says that is not right. Also, what is the normal temperature of a dog? My dog Peanuts may be pregnant, but we don't know who the father is. Could there be more than one father? I think it's Blacky from across the street, but my sister says it is that stray collie that hangs around the barn.

I want to be a vet when I grow up.

Nicolle Brown
Jena, Louisiana

Dear Nicolle,

Because you want to be a veterinarian, I suggest that you continue to ask questions about animals and to study about them. A good source of material is your school or parish library, as well as free booklets furnished by pet-food and veterinary-drug companies. These booklets are available through your local veterinarian or by writing directly to the company.

Now to answer your questions about Peanuts. The normal temperature of a dog is 101.5° F. It can vary as much as one degree and still be normal for that individual dog. The average gestation or length of pregnancy for a dog is 63 days. Again, this period can vary a day or two and still be normal.

Because a dog usually has more than one puppy, it is possible, but not common, for the puppies to have different fathers.

H.E.W.

Dear Dr. White:

I owned two beautiful Persian cats when I was single. Now I am married, and my wife is allergic to cats. She has told me that either the cats go or she does. Is there any hope for this situation?

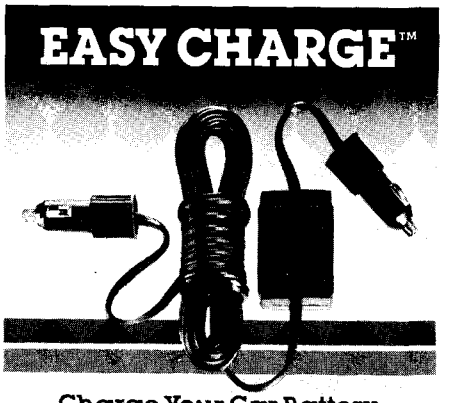
Robert Graham
Springfield, Illinois

Dear Robert,

New studies indicate that people are allergic to a substance in the cat's saliva rather than the hair itself. Desensitization treatment for this substance will be available, we hope, within the next two years. However, that solution may be too late for your marriage.

I suggest brushing the cats daily with a soft brush and wiping them thoroughly with a wet towel to remove loose hair and saliva, shampooing cats every two weeks with a good pet shampoo and vacuuming the carpet frequently.

H.E.W.



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Synopsis

Ruth Wood's life was uneventful. By day she worked at an office; by night she cared for her invalid mother at their small New York City apartment. Then, by chance, Ruth met Private Art Hugenon, a jovial young soldier. They dated and Ruth's friend Miss Ullman was sometimes invited along. On one date, Ruth bought Art a Roman coin as a good-luck charm. The short period of bliss ended abruptly when Art was called overseas to fight, but Ruth continued to write to him until the day she received word that Art had been killed in action. Stricken with grief and despair, she became bitter and sullen. She seemed headed toward suicide until one night Miss Ullman took her to church. There, Ruth discovered a statue of St. Andrew standing back in a corner, apparently ignored by other parishioners. Like the statue, Ruth knew what it was to stand in the dark unattended. To the statue she poured out her feelings for her deceased lover. She started visiting the church each evening after work, lighting two fresh candles to the saint in the lonely shrine. Saint Andrew became a substitute for Art Hugenon, and her daily visit to the church became the focal point of her life.

MIRACLE IN THE RAIN

It was a remarkable thing to have happen—she didn't even know where he had come from, but the pleasant young soldier had brought fun into her life for the first time.

by Ben Hecht

Conclusion

Miss Ullman believed that a miracle had happened, because she was certain that Saint Andrew had saved her friend from death. A miracle thus entering the little bookkeeper's life, which heretofore had been barren even of events, overwhelmed all her days. As the one who had led the grieving girl to the cathedral, Miss Ullman felt a proprietary interest in the miracle. Her dried little face shone with the great secret, and her heart was filled with joy. Although the miracle had not been for her, she was so thrilled by her nearness to the wonder that even the musty office in which she had toiled so monotonously for 20 years became a place of enchantment. And there were great riches in the musty room that looked out on the brick wall, for here she sat frantically hugging the knowledge of grace that had come from heaven.

In the office Miss Ullman managed to remain a little bookkeeper with a steady eye for the profundities of her ledgers. But after hours she flew from bookstore to bookstore, inquiring for books about the first friend of Christ. "We ought to know something about him," she explained to Ruth, "because he's doing so much."

But they could find out nothing. Apparently, no books had ever been written about this man, famed so long ago for his self-effacement. There were many books about other saints, whole shelves of them, but store after store reported that no information existed about Saint Andrew. This pleased Ruth. She preferred her saint unattended and uncelebrated, as he had been the evening she had found him standing in the shadows. That was why she could talk to him, because he knew, without her explaining anything, how it felt to be hidden in a dark corner.

In her room one evening, Miss Ullman spoke to her friend about taking their long-deferred vacation together. All summer Ruth had refused to leave Saint Andrew.

"I couldn't go away," Ruth said. "I really can't."

"You mean about the candles," said Miss Ullman.

Ruth nodded.

"We could arrange to have someone else put them there," Miss Ullman said.

"You go first"—Ruth shook her head—"and when you come back maybe I'll go somewhere. But I don't want to, really. I want to stay here."

She looked out of the window at the brick wall with so rapt a smile

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Miss Ullman knew this was best.

When the little bookkeeper had boarded the train for the country a few weeks later, she was worried about her friend, who had caught cold. It was a chilly October day, and Ruth was sneezing a great deal.

"Take care of yourself," Miss Ullman cautioned, "because you mustn't get sick while I'm away."

"I won't, don't worry," said Ruth, and then, in a low voice, added, "Write me; don't forget."

The train started and Ruth watched it with a dizzy head. Her temples throbbed and her hands felt hot. She came into the street where a gloomy afternoon hung like a cold cloud. It was Saturday and her work was done. She took a bus to the cathedral.

Inside she procured fresh candles and placed them in front of her saint. She knelt, whispering for a long time, and the glowing statue swam before her. Her body felt watery, her mouth was dry and her words became mixed up. But despite all these things, she felt happy and continued relating to Saint Andrew the manner in which her soldier had said good-bye to her. "He was very unhappy," she whispered, "just as I was. And I don't know how long he held me in his arms. But it was a very long time, and then he said, 'Write me letters, lots of letters,' and he said he loved me."

It was night when she was done telling of these matters to Saint Andrew and whispering her last words, "Oh, please take care of him." She felt so warm and dizzy that she was almost unable to walk down the steps outside the cathedral.

After supper she went to bed and her mother sat beside her. She fell asleep with her mother's hand on her forehead. On Sunday, Ruth stayed in bed till the afternoon. Her mother watched her with sad, faraway eyes when she got up and dressed.

"I'll be back soon," she said, and hurried off to the cathedral. Here there were many people at worship, and the organ was playing. Ruth was aware of none of these things. She stood in the back of the great, hollow room for a time until her legs grew strong enough to walk. Then she made her way unsteadily down the aisle to Saint Andrew. She put new candles in place and knelt before the shrine. But she was too dizzy to whisper. After many minutes she looked up at the glowing face of her friend and said, "Darling, please write me a letter."

Then she fell forward. One of the priests who had often seen her kneeling at the shrine came to her and lifted her up. Her purse yielded her name and address and a doctor was called. She was taken home and put to bed. The doctor said she had pneumonia of an active sort and must remain in bed for several weeks.

Ruth lay for five days, attended at intervals by the doctor. On the night of the fifth day she opened her eyes and looked weakly around her. Her mother was sitting in the dark, staring out of the bedroom window. Ruth heard a sound that confused her. She listened a long time and recognized the rain falling. Too weak to move, she lay with her eyes open and gleaming and listened to the wild hammer of the rain in the dark.

Suddenly an anxiety came to her. There was something wrong, something she could not find in her dim mind. She tried to think what it was. After a long time it came to her. She saw the dark niche and the statue, unfestive and unattended. There were no candles around her saint. He was standing in the shadows.

The sick girl pushed herself upright in her bed. Her body felt made of paper, but she found strength with which to dress. She dressed slowly, careful not to tumble over. Her mother watched her in silence and Ruth smiled. This time she was pleased that her mother never spoke, for she would have said something wrong. She would have said, "Don't go out, Ruth. You're very sick and it's raining hard. You can't walk. You have a fever. You mustn't go."

The words grew faint in the girl's mind and she stood fully dressed. The pains and discomforts had all left her. There remained only a lightness, as if wings were moving her out of the dark apartment into the rain-bounding street.

The night exploded around her. Cold wind and sharp rain roared in the dark. Heedless of the storm, the sick girl moved through the splashing street and saw only a shadowed figure waiting for her candles. She continued onward, down streets filled with storm, and she no longer knew where she was going. She could see the place in her mind—the

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hushed, high room, the shadows beating like wings under the vaulted ceiling, the shrines glowing with red and yellow cups. It seemed so close and so real that she smiled into the downpour and continued moving through it, dreaming that each step must bring her into the vision before her eyes.

The dream grew brighter, and she no longer knew if she were still moving in the rain or already standing in the cathedral. She paused, bewildered by a burst of thunder, and the storm beat her against a dark wall. Here a voice suddenly spoke to her. She turned and looked into the wild night.

"Ruthie," said the voice. "Good heavens, I'm glad I caught you. Come in here and let me look at you. Oh, Ruthie, let me look at your face."

It was Private Hugenon, grinning from ear to ear.

"Art!" she said. "Oh, Art, is it really you?"

"It isn't the king of England," said the soldier, and he stood beaming at her until she thought she must faint for joy.

"You've come back," she whispered.

"Of course I've come back," Private Hugenon laughed. "What did you think—I'd stay away? Ruthie, I'm so glad to see you I'm going to start yelling like an Indian."

"You didn't write me," Ruth whispered.

"You can't send letters when there are no mailmen," said Private Hugenon. "What this war needs is more mailmen at the front."

"Oh, Art," Ruth said with a gasp, "you've come back!" Her eyes stayed on him hungrily. "You're just the same," she whispered. "Tell me, is everything else still the same as it was?"

"Infinitely worse." Private Hugenon's smoky eyes smiled on her. "I love you so much I can't sleep or eat or anything. It was like living cast away in a jungle, without you. Come here: I want to hold you. Remember, it was raining like this when I saw you the first time? Remember?"

"Oh, yes," said Ruth.

"I got all your letters," said Private Hugenon, with his arms around her. "And look." He removed an object that hung from his neck. "Remember this?"

"It's the lucky piece I gave you," said Ruth.

"The genuine old Roman coin," Private Art Hugenon said softly. "Here, you keep it now, I don't need it any more."

"You're not going back?" Ruth's hands clung to him.

"No, nevermore," said the soldier. "I'm here to stay. Like this—with you in my arms forever and ever."

She raised her face, glowing as if many candles were burning about her head, and Private Hugenon pressed his lips against hers.

Two days later Miss Ullman came back to her office. She had been worried over not hearing from Ruth. She looked nervously at the girl's empty desk and went directly into Mr. Jalonick's office.

"Now I ask you, ladies and gentlemen of the jury, is this the face of a homicidal maniac?"

Mr. Jalonick looked very serious. He told her that the police had called him an hour ago and notified him that Ruth Wood was dead. A priest had identified her. She had been lying in the morgue unclaimed since Wednesday.

Miss Ullman stared a long time at her employer and then said slowly, "It can't be." She was thinking of Saint Andrew.

The heart of the little bookkeeper was heavy and dark as she entered the long, boxlike building of the morgue. She wandered through the half-lit corridors of this terminus until she came to a door marked BUREAU OF MISSING PERSONS.

The police lieutenant nodded at the small gray-haired woman weeping beside his desk.

"Yes," he said kindly, "we found her in the street the morning after the big storm. I guess she must have been out of her head, because she had pneumonia and evidently got up out of bed while delirious and tried to go somewhere."

"Yes, I know," said Miss Ullman. "Could I see her just once, please?"

"Sure," said the policeman.

Miss Ullman was led into the room of the dead. The lieutenant pulled back the sheet on one of the slabs. Ruth's face, thin and white, looked up at them. The wasted cheeks and the fever-thinned mouth of the young woman were fixed as if she were in a deep, childlike sleep.

"She has something in her hand," said Miss Ullman, after a long pause. "Look, she's holding something."

"That's right," said the lieutenant. "I hadn't noticed."

He uncurled the clenched fingers and removed a small object.

"What is it? Do you know?" He held it up in front of her.

Miss Ullman stood staring at the thing in his hand. She was unable to speak, because something very much like fright pounded in her heart. Staring and with her mouth opened, Miss Ullman managed to take one, small step nearer to the lieutenant.

"Oh, my!" she moaned. "Oh, look at it! Oh, my!"

She was looking at a coin—an old Roman coin with a hole in its top. Printed on its edge in crude letters was the Latin phrase for "The Era of Vespasian."

"Do you know what it is?" the lieutenant repeated.

"Yes," said the little bookkeeper in a whisper. "It's a genuine Roman coin. It belonged to somebody who——"

But Miss Ullman did not finish her statement. Her face grew radiant. She smiled wildly at the coin and at the gentle face of her dead friend. Then she fell to her knees and began praying, and her squeaky little voice, rapt and joyous, filled the room of the dead.

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Sponsor a Child for Only $10 a Month.

At last! Here is a $10 sponsorship program for Americans who are unable to send $16, $18, or $22 a month to help a needy child.

And yet, this is a full sponsorship program because for $10 a month you will receive:

...a photograph of the child you are helping.

...a special sponsorship folder with the case history of the child.

...a description of the country where your child lives.

...a quarterly progress report about your child's community from the field worker.

And you will receive at least two personal letters a year from your child.

All this for only $10 a month?

Yes—because the Holy Land Christian Mission International believes that many Americans would like to help a needy child. And so we searched for ways to reduce the cost—without reducing the help that goes to the child you sponsor.

For example, unlike some of the other organizations, your child does not write each month, but two letters a year from your child keeps you in contact and, of course, you can write to the child just as often as you wish.

Also, to keep down administrative costs, we do not offer the so-called "trial child" that the other organizations mail to prospective sponsors before the sponsors send any money.

We do not feel that it is fair to the child for a sponsor to decide whether or not to help a child based on a child's photograph or the case history.

Every child who comes to Mission International for help is equally needy!

And to minimize overseas costs, our field workers are citizens of the countries where they serve. Many volunteer their time, working directly with families, orphanages, and schools.

You can make a difference!

$10 a month may not seem like much help to many Americans, but to a poor family living on an income of $1.50 or $2.00 a day, your sponsorship can help make all the difference in the world.

Will you sponsor a child? Your $10 a month will help provide so much:

...emergency food, clothing and medical care.

...a chance to attend school.

...help for the child's family and community, with counseling on housing, agriculture, nutrition, and other vital areas to help them become self-sufficient.

A child needs your love!

Here is how you can sponsor a child for only $10 a month immediately:

1. Fill out the coupon and tell us if you want to sponsor a boy or a girl, and check the country of your choice.
2. Or mark the "emergency list" box and we will assign a child to you that most urgently needs to have a sponsor.
3. Send your $10 in right now and this will eliminate the cost of a "trial child."

Then, in just a few days you will receive your child's name, photograph, and case history.

May we hear from you? We believe that our sponsorship program protects the dignity of the child and the family and at the same time provides Americans with a positive and beautiful way to help a needy youngster.

K2R

Holy Land Christian **Mission International**
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2000 East Red Bridge Road
Box 55, Kansas City, Missouri 64141

☐ Yes, I wish to sponsor a child. Enclosed is my first payment of $10. Please assign me a ☐ Boy ☐ Girl
Country preference: ☐ India ☐ The Philippines ☐ Chile ☐ Honduras ☐ Colombia ☐ Guatemala ☐ Thailand ☐ Africa ☐ The Holy Land ☐ Dominican Republic

☐ **OR, choose a child that needs my help from your EMERGENCY LIST.**

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of _____.

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POST SCRIPTS

Mein Grossfader's Wisenspouten

1. Der dancers ist sooner payen das fiddler, und also der headenwaiter und das foodenserver und das hattenchecker und das taxen und—ach!

2. Schtop beaten about der schrubbenbush, elser der schtunken buzzenstingers ist outswarmen mit attacken.

3. Der world ist mein oyster, und das shell ben tightisch closen.

4. Mit putten der bester footen in fronten, folkers ist tramplen der toe-tippen.

5. Ein grosser croaken-frog in das dryspellen gecomen.

6. Smallisch nutters ist becomen grosser oakentrees. Ist surprisen? Himmel, nein!

7. Eaten der apfels ist offkeepen der Doktor. Smartisch Doktors ist nicht raisen apfels.

8. Ist der clothers maken der menfolken? Nein. Clothers ben simplisch hiden der awfulisch shapen.

9. Das slippen betwixen der drinkencup und der lippen ist increasen mit der drinken.

10. Mit avoiden der fighten, counten ein hurdest ist goot, providen das opposer ist also counten.

11. Ein turnen wigglenworm ist naturalisch; ein straightisch wigglenworm ben causen der commenten.

12. Dwellenfolk insiden ein glasshousen ist dumbisch mit throwen der whingdingeren carousen.

—Dave Morrah

Planned Husbandhood

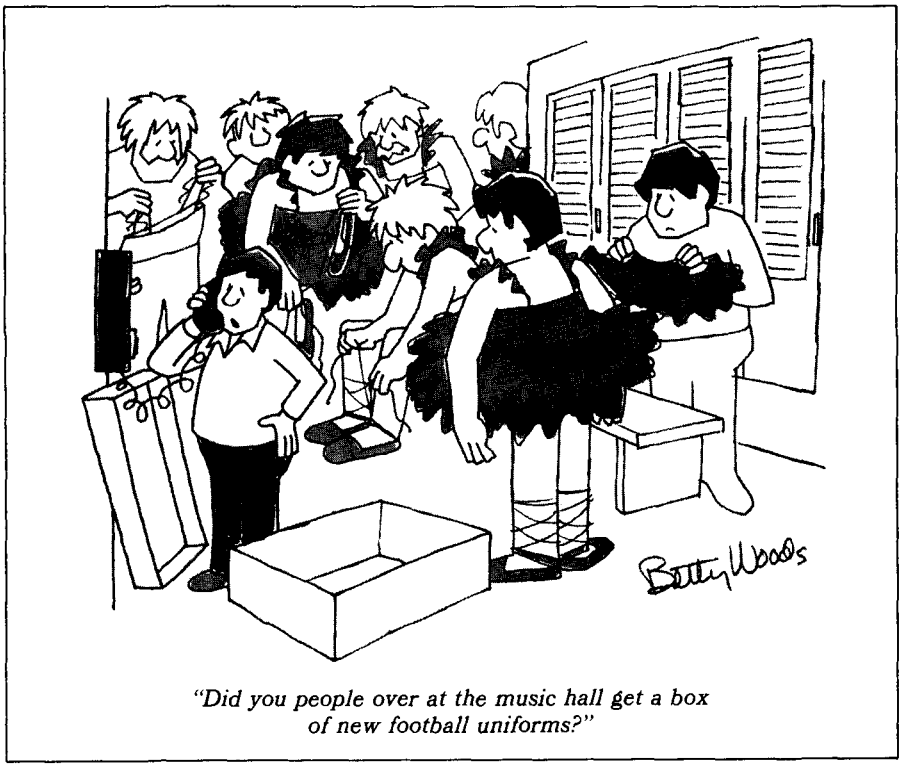
While other men paint
Or water or weed,
I'm curled in a chair
With a good book to read.

While other men shop
Or shovel or mow,
I'm having a beer
While watching some show.

I offer to help,
But my wife says, "Forget it,
If you lend a hand,
I know I'll regret it."

And therein's my secret:
I'm very adept
At only one thing,
And that's being inept.

—F.O. Walsh



"Did you people over at the music hall get a box of new football uniforms?"

Intimations of Immorality

For a university's creative writing class an aspiring young woman submitted (as young females often do) a story about a young woman. At one point in the narrative, her heroine " . . . tripped, tumbled the full length of the stairs and lay prostitute at the bottom." The graduate assistant who helped the professor with grading did not know how to comment on the heroine's extremely awkward position. He marked the word and handed the manuscript across the table to the professor, who solemnly read the questionable passage, equally solemnly wrote something in the margin and passed it back.

Eager to learn the master's teaching techniques, the assistant read the marginal note: "My dear young lady, if you hope ever to become a writer, you must immediately learn to distinguish between a fallen woman and one who has only stumbled."

—Shea Lebed

Strike Four

During the course of a baseball game, the umpire happened to glance at the stands and noted medics carrying a woman out on a stretcher. Walking over to the manager of one of the teams, he asked, "What happened? Heart attack?"

The manager, whose team was losing, snarled: "No. You called one right and she fainted."

—Melvin Lukenbach

Scary

The scariest sound
That you can hear

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Has to be, by far,
A low whistle from the mechanic
Underneath your car.

—*William E. Morgan*

That's the Way the Check Bounces

Once, when John Nance Garner was vice president of the United States, his enthusiasm for the local baseball team caused him to lose a $10 bet.

"Will you autograph the bill, Mr. Garner?" the winner requested. "I'm giving it to my son as a memento. He will want to frame it and hang it in his room."

"You mean he won't spend it?" asked Garner.

"Indeed not!"

"In that case," said Garner, "I'll just write you a check."

—*Mrs. C.B. Williams*

Miracle Man

A woman went to the doctor's office to have her blood pressure checked. The waiting room was full, and she sat for nearly an hour before her name was called. Meanwhile, one of her legs fell asleep, and she had to limp into the examining room when her turn finally came.

After about ten minutes, she walked back through the waiting room at her normal brisk pace.

Two other patients stared at her in astonishment. One nudged the other and said, "What did I tell you? He's the best doctor in town."

—*B.W. Clifton*

Salary Shtick

The personnel manager finished reading the job applicant's résumé. "The weekly salary is $175 now and $200 in six months," he said.

"Thanks," said the applicant. 'I'll be back in six months."

—*A.H. Berzen*

Into Each Life

A local weatherman was so wrong in his forecasts that he became publicly embarrassed, so he asked for a transfer.

"Why do you want to be transferred?" came the question from headquarters.

He answered: "The weather here doesn't agree with me."

—*B. Bader*

More Cities You'll Never See

Farmerina, Del.
Mahn, Pa.
Odear, Me.
Awgee, Wis.
Shapely, Miss.
Oohla, La.
Sodden, Mass.
Wet, Wash.
Fivan, Tenn.
Prone, Conn.
No, Mo.

—*Henry E. Leabo*

The Final Farewell

The notorious atheist professor had gleefully spent the better part of his scholastic career stirring up the otherwise placid academic waters at the small, prestigious college where he taught philosophy. Whether in the classroom, at debates or at seminars, he seldom missed an opportunity to haughtily dismiss religion as the absurd vestige of primitive superstition and to ridicule the pious as either dupes or scoundrels.

In time, this skeptic's old nemesis, the much-beloved school chaplain, became gravely ill. Considering himself unfit for the strain, the clergyman forbade himself all visitors. But one day well into his decline, he issued an urgent plea to his long-time antagonist to come immediately. Though puzzled, the professor did so.

"You have denied entry to your friends, and yet you admit me," the atheist said, more than a hint of triumph in his voice. "Perhaps you wish now, in your extremity, to clear your conscience and to acknowledge that my opinions are correct after all."

The ailing chaplain said gently, "Not at all. It's just that I have every expectation of seeing my friends eventually in the hereafter, but this will undoubtedly be my last chance of seeing you."

—*K. J. Franks*

Wait Problem

While waiting time can prove a chore,
Depends on what I'm waiting for—
A traffic light, guests at the house,
Impatiently, for tardy spouse.
Yet sometimes I would rather wait—
The minutes race, I hesitate;
Like taxes, payments, nuisance fare,
Or waiting for the dental chair!

—*Raymond A. Schoeder*

Suits Me

The director in charge of computer sales had really been putting pressure on his sales force to find new prospects—even in the most unlikely places. Star salesman Dick Jamison, a sharp dresser and fast talker, was leaving no door unopened in his territory.

Early one morning the receptionist's voice could be heard clearly over the hum of conversation and machine clatter:

"Mr. Jamison, you have a call on line four. Robert Gillman of the Pine Street Goodwill." With no change of inflection, she added, "Your new suit is ready."

—*J. Urena*

"According to your test scores, you already are all that you can be."

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WEIGH TO GO

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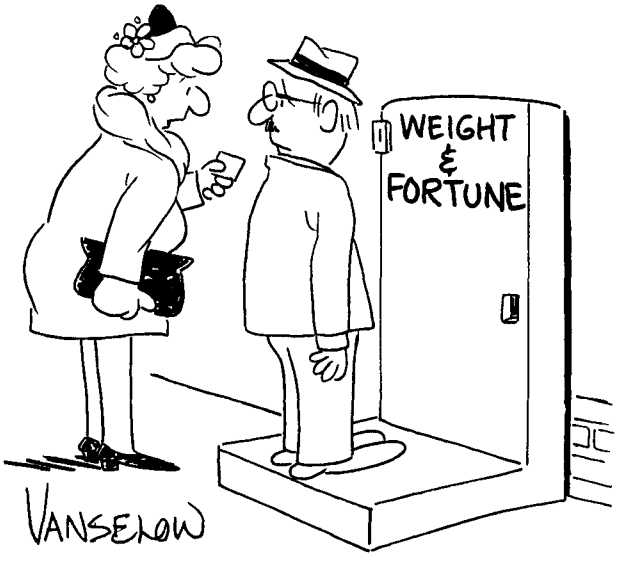
"Follow me—single file, of course."



"You are a leader of men. You are brave, handsome, strong and popular with the ladies. It has your weight wrong, too."

"There's only room for a size six!"

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WHEN SHOULD BABIES HAVE HEARING TESTS?

A child who has a hearing deficit develops speech and learning problems. Hearing aids or other remedies should be undertaken—the earlier the better.

by Cory SerVaas, M.D.

Hearing loss is a handicap at any age. To a child at a time when he or she is developing language and speech, it becomes a matter of vital concern. In these early years the child needs all the environmental cues he can get, and he especially needs excellent hearing.

Then how do you know if your baby should have a hearing test? All high-risk babies should. Babies from families in which there is a history of deafness should be tested. A baby who had a low birth weight or one who became jaundiced soon after birth would be considered high risk; so would a baby whose delivery was difficult and who might have suffered from lack of oxygen. And, of course, if the parent thinks the child has a hearing loss, the test should be performed immediately, because today there are sophisticated computerized methods.

A one-day-old infant can be tested for hearing. Audiologists do behavioral testing. In addition, an evoked response audiogram can be done on a sleeping baby. This actually is a very sophisticated computerized test. It is called the *brain stem evoked response* (BSER) audiogram. Electrodes are put on the head like an EEG (electroencephalogram) and are connected to a computer with sound stimulus. Then the brain's responses to sound can be picked up. Since they are obviously not very big impulses, they can only be measured by computer. It works because you get multiple stimuli and they keep adding up until you get a nice, accurate response. A trained audiologist, with at least a master's degree, should perform the BSER test; the equipment is now available in most cities.

Now hear this! The bells ring on one side and then the dog barks in the other ear. But will the child turn his head? An audiologist can prevent a child from being mistaken for a "slow learner" due to a hearing loss that is best remedied quickly.

We want our readers to know about the availability of this test for infants because the otologists (ear specialists) with whom we have spoken all confirm that they see cases of toddlers or even older children, who could have been helped with hearing aids, learning less because they haven't been hearing. The earlier the detection, the more you are able to do to help them develop more normal speech.

Babies with a neural loss can benefit from a hearing aid very early. One otologist told me of having put a hearing aid on an infant at age six months. Very few babies have total deafness. They may not hear much, but they have some nerve fibers that can be stimulated. They can learn to use those fibers more appropriately, and they can learn speech better.

Some of the causes of deafness in infants include congenital defects, meningitis, intrauterine infections, lack of oxygen during birth, too much oxygen after birth, hyperbilirubinemia (jaundice is present) and some of the viral diseases such as cytomegalic inclusion disease. A baby whose mother took quinine during pregnancy may have hearing loss. (Quinine is transmitted across the uterine wall, and malaria was formerly the most common reason that a woman might be taking quinine-containing drugs.)

Even for a six-month-old baby, the hearing aid works, and most

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specialists agree that early intervention is especially important for infants.

The most common tip-off that a child's hearing may be poor is the volume on the TV set. If it keeps going louder and louder, a parent should guess that his child is hearing less and less. Another clue—asking the child to do something he has always liked to do, and he doesn't follow through.

Typically, a child with a conductive hearing loss will speak more softly than is normal. This is the deafness we find in the middle-ear problems. It is completely different from nerve loss, as persons with the latter tend to speak loudly. (Once he is in school, chances are that a child with a hearing defect will be detected by a hearing test. Preschoolers, however, can easily be missed.)

We asked Dr. Laverne Tubergen, an otologist at Indiana University, to explain the hearing loss in children when their middle ear fills with fluid. This is what he told us:

"The problem of middle-ear disease starts when the Eustachian tube, which connects the middle ear and the back of the nose, becomes plugged. Normally this is closed, but when we yawn or swallow, enough air enters the middle ear so that we have a nice air-containing space. Now in disease conditions such as a cold, this tube becomes plugged up, and in children it plugs up quickly because it is very narrow. When it swells, no air can get into the middle ear. This creates a vacuum that then causes fluid to pour out from all the little blood vessels. Now we have a 'drum' full of fluid, which can no longer transmit sound as readily. That is why children with middle-ear infections have decreased hearing. It's their No. 1 symptom. At first, fluid which accumulates there is sterile, but after sitting there it becomes infected—then, in addition to the hearing loss, the child has pain and fever.

"It is the fluid that impedes the motion of the eardrum and thus gives us our hearing loss," Dr. Tubergen explained. "So that when a child's ear doesn't dry up and there is hearing loss from the fluid which remains in the middle ear, the otologist will think of making an artificial Eustachian tube to let the fluid out and air come into the middle ear."

Dr. L. B. Tubergen demonstrates the elaborate microscope needed to insert tiny plastic draining tubes in little eardrums to prevent hearing loss.

When the eardrum can't vibrate, doctors replace the Eustachian-tube function by putting a little hole in the eardrum that allows the fluid to drain. But that's not the real purpose, which is to allow air to get in there so the fluid doesn't re-form.

Once the hole is in the eardrum, the fluid is removed by suctioning. It is very important that this be done by someone with a microscope and micro instruments—an ear, nose and throat doctor trained in this procedure, for example. If the doctor just makes a hole in the eardrum, it will heal up in about 24 hours, and he must start the whole process over again. To prevent this, he puts a small polyethylene or metal tube in the eardrum. This is done with an operating microscope. Since he's dealing with a very small structure in the ear drum and there are important structures within the middle ears, any permanent damage to these little bones of hearing is avoided by using this magnifying equipment. It's done in an operating room, or with a cooperative child it can be done under local anesthetic in the doctor's office. The tube will generally come out on its own; the average duration is six to eight months. It may come out sooner than that; occasionally it stays in longer.

What are the major indications that your child needs to have a tube inserted? Dr. Tubergen reports that the prime indication is persistent fluid in the middle ear, fluid that causes a hearing loss. If children with normal hearing have fluid in the middle ear, doctors can watch but do not have to go ahead with the surgery. If there is a hearing loss and persistent fluid, however, that's the time to put in the tubes.

"I think many of the ear infections can be handled by the family doctor or the pediatrician," says Dr. Tubergen. "There are a couple of occasions, however, when I think they specifically ought to be seen by an ear, nose and throat doctor or otologist and audiologist. One, if they have frequent ear infections, maybe one or two a year. If they are having these frequently over the winter, that would be a time that they ought to see a specialist. Or, in addition, if they have an ear infection that just doesn't go away. Usually an ear infection will clear up in seven to ten days or maybe two weeks. So, if they have a persistent infection for a month, those patients, too, should be seen by an ear, nose

continued on page 81

Advertisement

Hearing Loss Is Not A Sign Of Old Age.

Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the smallest Beltone aid of its kind will be given absolutely free to anyone who sends for this free model now.

Send for this model, put it on and wear it in the privacy of your own home. It will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than a fourth of an ounce, and it's all at ear level, in one unit.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to write today to Department 4997, Beltone Electronics Corp., 4201 W. Victoria St., Chicago, IL 60646.

Offer not valid in California.

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HEARING AIDS GO UNDER COVER

Fifty percent of the patients are able to conceal their "micro-sized" hearing aids in their ear canal.

by Jack D. Summerlin, M.D. and Kathleen Corbin

Thomas A. Edison, inventor of the phonograph and incandescent lamp, blamed his hearing loss on a boyhood injury to his ears. Although he never completely lost his hearing, it grew progressively worse until, in later years, he could barely hear. However, he refused surgery that would have helped his hearing problem.

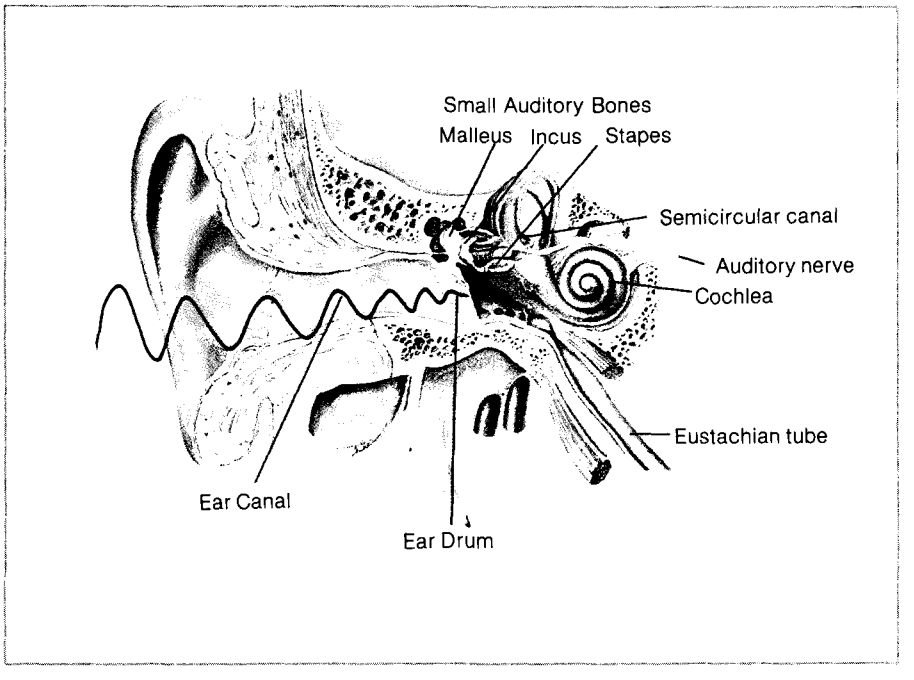
Ludwig van Beethoven, regarded by many as the greatest composer of all time, suffered with hearing problems much of his adult life, beginning with an ear infection in his late 20s. By the age of 48 he was totally deaf, making it necessary for him to compose many of his later works by clenching a piece of wood in his teeth and keeping it in contact with the piano. "Hearing" the music through bone conduction was an indication that he might have benefited from a modern-day hearing aid.

Lesson No. 1: Q-tips® can perforate the eardrum and may produce permanent damage to the little bones of the inner ear. Lesson No. 2: Loud noises can permanently destroy your hearing.

Currently, Mr. Beethoven could have chosen from four popular styles: Behind-the-Ear, In-the-Ear, the Body Aid and the newest and smallest called the Inner Ear Canal Aid. The Dahlberg company says the Inner Ear Canal Aid is the "hottest thing in hearing aids since President Reagan [whose hearing in the right ear was damaged from an explosion on a movie set] was fitted with one last September." Nancy has confirmed that she can now whisper "sweet nothings" into either ear.

Approximately 50 percent of all hearing aids sold today are in-the-ear styles. But whatever the style, these magnifiers of sound waves consist of a microphone, amplifier, speaker, volume control and battery.

Who needs them? Well, it is estimated that one out of every 12 Americans has some degree of hearing loss, and 30 percent of those per-



Over an average period of three months, hearing dogs are trained to alert their handicapped masters to door bells, dinner bells, alarm clocks, fire alarms, telephones, crying babies or any unusual sounds that might indicate danger.

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sons over age 65 have a significant hearing impairment. Too many of them, however, will wait five years after listening first becomes more difficult before seeking medical and audiological evaluation.

The trouble is, hearing loss is difficult to notice in one's self. A high-frequency loss, for instance, will allow one to hear quite soft sounds but miss some of the consonants in conversation. This problem is especially noticeable when background noise is present. If *you* are in doubt about the need for a hearing aid, ask yourself these questions:

- Do you feel that people mumble?
- Do people consistently talk too softly?
- Do you increase the TV volume louder than what is comfortable for other listeners?
- Do you often ask for things to be repeated?
- Do you habitually turn one ear toward the person talking?
- Do you hear ringing or buzzing sounds in your head?
- Have you experienced episodes of dizziness?

It is important to pay attention to these symptoms. Hearing loss can be an indication of an underlying medical problem. A change of hearing, for instance, is one of the first symptoms of some brain tumors. If you answered yes to any of the above questions, you should see your physician. He may refer you to an otologist for diagnosis and treatment.

Most often, problems in the outer or middle ear can be treated and corrected medically or surgically. However, a hearing loss caused by damage to the inner-ear hair cells and those along the auditory nerve cannot be corrected. This type of hearing loss is called a sensorineural loss. The aging process is one cause of this type of hearing loss. The sensorineural hearing loss gradually affects the ability to hear sounds and involves poor speech-discrimination or -understanding ability. This loss makes it especially difficult to hear when background noise is present. Often this loss affects the high pitches or frequencies more than the low. Specific consonants become difficult to distinguish, consonants such as the

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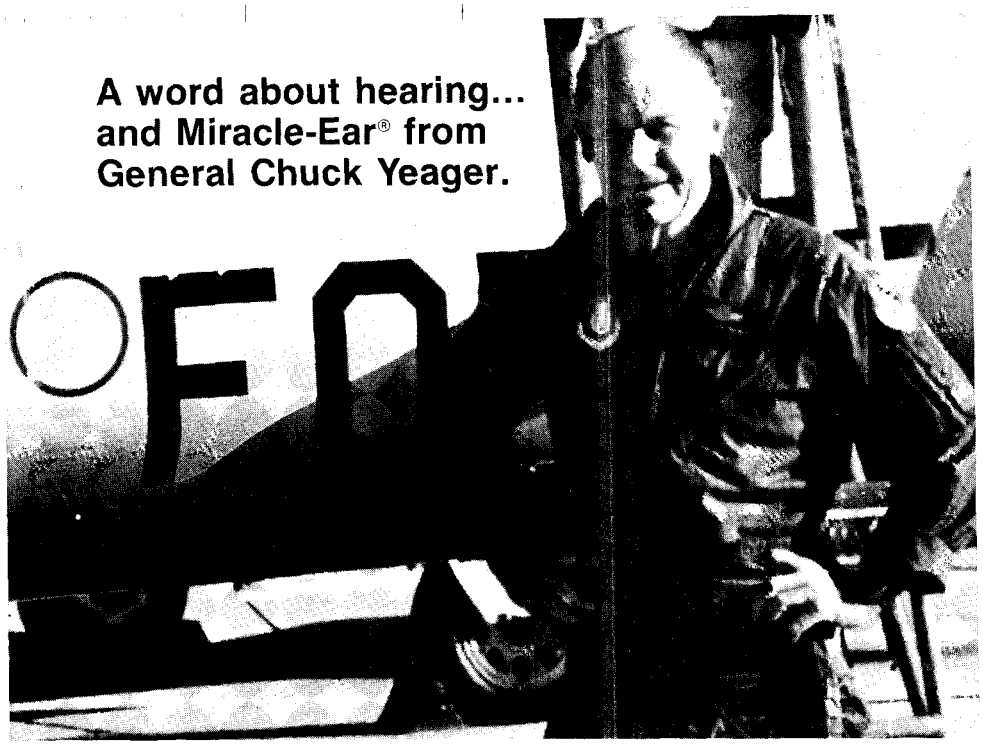
A word about hearing... and Miracle-Ear® from General Chuck Yeager.

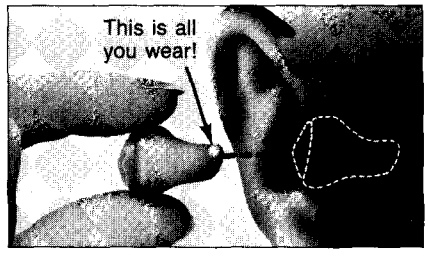


General Chuck Yeager, the first man to break the sound barrier.

"I recently had the pleasure of learning about Dahlberg Hearing Systems and Miracle-Ear. During my life I've used many aids such as parachutes, pressure suits, and ejection seats. I'm very impressed with Miracle-Ear. I'm happy to be on the Miracle-Ear team to help you "break the sound barrier".

"I'm not deaf! I just can't understand some words."

If this is your problem... you may have nerve deafness, a common form of hearing loss. Miracle-Ear may be your answer.



New custom Inner Ear™ Canal Aid

It's custom-made to fit comfortably in your ear with no cords, tubes, or wires. It's so small, it's almost unnoticeable. Try it... not everyone can be helped, but many people may. Miracle-Ear products are helping people just like you to "break the sound barrier" every day.

To learn more about Miracle-Ear, complete the coupon below and mail today!

Miracle-Ear®

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Send for more information today!

Answer these important questions, then get the facts about Miracle-Ear!

1.Are you now or have you ever worked in a noisy place? ☐Yes ☐No
2.Do you hear people speaking, but have difficulty understanding the words? ☐Yes ☐No
3.Do you have difficulty understanding on the phone? ☐Yes ☐No
4.Do you have to turn the radio or television up louder than normal? ☐Yes ☐No
5.Can you hear car horns, sirens, or other warning signals when they occur? ☐Yes ☐No
6.I am now wearing: ☐Cord Type ☐Behind-the-Ear-Type ☐In-the-Ear-Type ☐Eyeglass Type ☐No Aid

Please tell me more about Inner Ear, the custom-made canal aid without cords, tubes, or wires.

Name (Please Print)_____

Address _____

City_____ State_____ Zip_____

Telephone (_____)_____

Mail your reply to:
Miracle-Ear®
SE-55 P.O. Box 549, Mpls., MN 55440

Miracle-Ear®

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BABIES ON PARADE

In an unprecedented worldwide multiple birth boom, mothers are delivering babies by twos, threes, fours, fives and sixes—will somebody make it seven?

by Maynard Stoddard and David Born

And the Lord said unto Abraham, Wherefore did Sarah laugh, saying, Shall I of a surety bear a child, which am old?

Barren at age 80, Sarah had good reason to laugh when the Lord promised that she would conceive. Today's barren woman, however, is not laughing. Nor is she taking the situation lying down, in a matter of speaking. Instead, more and more childless women are correcting their condition by taking fertility drugs. And boy oh boy, and maybe a girl or two, are those drugs working!

Consider the case of Ria Gadeyne. After undergoing treatment for sterility and taking drugs that increase the possibility of multiple births, she and her husband braced themselves for twins while the doctors predicted triplets or even quintuplets.

At 9:10 p.m. on August 19, 1983, at Blankenberge's Queen Fabiola Hospital in Brussels, head nurse Gadeyne gave birth to a boy, Bruno. And two minutes later she introduced a second son, Tom, to the world. Then, at two-minute intervals, three more boys and a girl. That's right, six Brussels sprouts in all, all healthy, all doing well. But is six at a time the way to go?

Even without the benefit of TV's six o'clock news, Canada's Dionne quints created a worldwide furor in 1934 because of the rarity of multiple births. Whether the feat was inspired by the bonus the government was paying per baby at that time is not known. Certainly it isn't the reason that today's childless woman is relying on fertility drugs to make her a potential mother.

The idea has by no means waited for the last decade or two. Ancient Canaanites are known to have ascribed magical powers to the mandrake, a perennial herb belonging to the potato family, which they used extensively in their fertility rituals. In some parts of the Near East, women still think the presence of mandrake in their homes will induce pregnancy and passion. The juicy, pulpy fruit, long known to contain poisonous properties, is considered not only a delicacy, but also a love potion. "The first aphrodisiac," it is sometimes labeled.

The Bible tells of Leah bearing Jacob's child by using the mandrake root. And Rachel, Jacob's childless wife, presumably wanted her sister's mandrakes to cure her barrenness.

Before going out to harvest a wheelbarrow load of these roots, hopeful mothers and hopeless men should be warned, however, that the plant we currently call the mandrake can cause hallucinations, dizziness, severe headache, nausea, diarrhea, cramps, heart damage and confusion. An overdose can be fatal. Surely a big risk.

Modern medicine has provided

The population of Belgium increased by six between 9:10 and 9:20 p.m. last August 17, due to the efforts of head nurse Ria Gadeyne, who bore sextuplets. Her husband, Edwin Van Hove, claims part of the responsibility.

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some much more reliable potions for infertility—perhaps too reliable.

The phrase "population explosion" has taken on new meaning in Indiana after a rash of triplets, quads and even a set of quintuplets. And Indianapolis can be counted in the vanguard of a multiple-birth baby boom now sweeping the country. In the last three years Indianapolis hospitals have produced at least four sets of triplets, four sets of quadruplets and a set of quints.

The phenomenon in Indiana is only part of the story. In the greater Boston area four women have given birth to quadruplets in the last five years. In 1982, quints were born to an Illinois woman; in 1983, two more sets, to two women from New Jersey and Maryland, respectively. But the frequency with which twins and triplets are born is increasing so dramatically they rarely make the national news.

Quadruplets were formerly expected only once in about 700,000 births, and when nature is left to her own ways, quintuplets have the astronomical odds of 63,500,000 to one against their birth. Not so with the use of fertility drugs. And thus the baby boom we are now witnessing is too new for demographers and census-bureau statisticians to measure. But one researcher who studies multiple births says, "All the old statistics have been blown out of the water."

Having quints can be a disarming experience, as Suzanne and Sidney Gaither of Indianapolis demonstrate. There's two for dad, two for mom and one for doctor Frank Johnson (center), who delivered them. No fertility drugs were involved.

Donald M. Keith, executive director of the Center for the Study of Multiple Births, adds that there aren't even any good, new statistics. "Reporting of multiple births isn't even done systematically from state to state," he says, "so it's hard for anyone to know what's really going on. We do know that far more multiple births are occurring now than would be expected—were it not for fertility drugs."

Keith attributes that increase in twins, triplets and other multiple births to at least three factors: First, "Many women are having babies later in life, well into the 30s in many cases, and at that age multiple births are more likely." Second, he cites additional evidence suggesting that women who have taken birth-control pills for long periods

Christening the five boys and one girl required an extra-large portion of holy water (above). A brood of six stuffed bunnies (right) made an appropriate first gift for the babies—all healthy and doing fine.

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Debbie Strickland of Noblesville, Indiana, may have set a record by bearing two sets of quadruplets within 16 months. The first four, born prematurely in August, 1982, died soon after birth; the second set, born last December, are healthy.

are more likely to have multiple births. Finally, the use of fertility drugs, chiefly Clomid® and Pergonal®, genetically increases the likelihood of multiples. And far more women are being treated for infertility than ever before in history.

One spokeswoman for the National Organization of Mothers of Twins Clubs agreed with Keith and noted that more and more women are having multiples and turning to her organization for information and support.

Another researcher, Dr. Milada Zahalkova of the Children's Hospital, National Health Institute, Brno, Czechoslovakia, has noted that multiples tend to occur in clusters in specific communities or regions in specific time periods. She hasn't suggested causes, but one authority, who declined to be identified, believes that factors such as sudden changes in atmospheric pressure or ion concentrations during the time of conception may be responsible.

Whatever the cause, the multiple baby boom is on.

Dr. Steve West, a cardiologist in Indianapolis, is the proud father of quadruplets. Like so many women who have had multiples in recent years, Steve's wife, Jan, had been taking fertility drugs. "We had a good understanding of the risks," says Dr. West. "But they always seemed remote. When we first found that Jan was carrying multiples, we were scared. We knew there was a risk to her and to the babies. But there was nothing we could do. Now that the birth is over, and the children are all well, we couldn't be happier. Things were pretty scary at first. And I really couldn't recommend fertility drugs to other women because of the risks. You know the odds are one in a thousand, but when it happens to you, it's a hundred percent."

Nancy Hardie of Kokomo, Indiana, also has quadruplets. She recalls "a lot of disappointment" when she and her husband first learned that she was carrying more than one child. "We were concerned about the babies. We knew there was a greater risk to them. I'm a small woman, and it just didn't seem possible that I could possibly carry triplets, let alone quads, to full term. But as each week went by, we

Another foursome for Indianapolis, "multiple-baby capital of the world," came courtesy of Jan and Steve West. The quads, held here by Indiana University Hospital nurses, weighed between 3 and 4½ pounds.

The Taylor quadruplets (below) of Indianapolis pulled their first prank while still in the womb by convincing Theresa Taylor's doctor they would be born quints. Mom happily settled for four.

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felt a little better. I'm delighted with the children now. They are constantly into everything, and the fatigue gets to me now and then. But my husband and family, my friends and neighbors have really been supportive. Having quads could really wreck a marriage, you know, but I'm very happy to report that it has strengthened mine."

Back in the baby-boom town of Indianapolis, Sidney and Suzanne Gaither had always wanted a big family—maybe up to four kids. Instead they got five, and all within a matter of minutes.

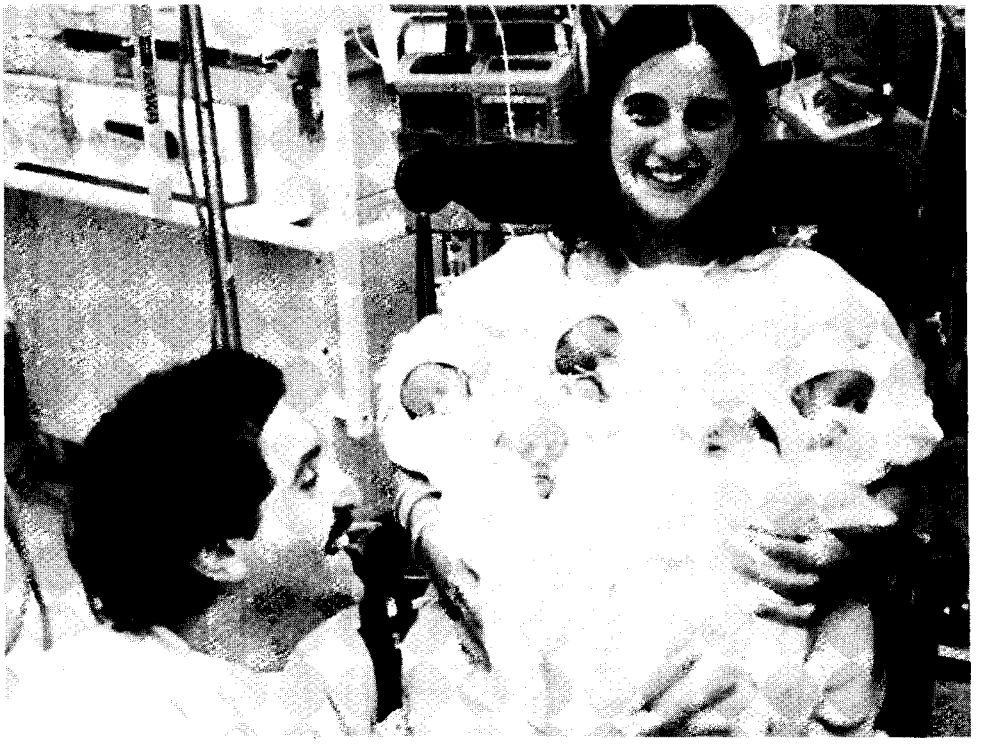
"I knew there would be more than one," Suzanne says. "How many, I didn't know." The nurse who had scanned her with ultrasound had originally counted three. This she later changed to four. Dr. Frank Johnson, her physician, came up with the fifth Gaither baby (all without the use of fertility drugs in this case).

"It was probably one of the simplest Caesarean sections I've ever done," he says. "The babies just popped out from the pressure. It wasn't up to me who was born next."

But five are more than an armload, as the Gaithers have learned. And mothers of one should try a three-hour feeding schedule (eight feedings a day) for five little mouths, along with some 40 to 50 diaper changes, not to mention sleeping arrangements, baths, colic comforting and all the rest; while dad looks ahead to cars and college and careers.

Noblesville, just north of Indianapolis, is the home of Larry and Debbie Strickland, who became parents of four instant tax exemptions in '82. "I had wanted twins," said Mrs. Strickland after the Caesarean section. But she didn't at all mind getting double what she asked for, with some help from the fertility drug Perganol®.

After their family explosion, the Stricklands purchased a van to hold the infant seats now required by Indiana state law. "When I stopped at a gas station one day with only three seats in the van at the time," Larry jokes, "the attendant said, 'Wow, you got triplets, huh!' You should have seen his face when I said, 'No, quadruplets!' "



When it comes to "rocking around the clock," Daniel and Pamela Pisner, of Olney, Maryland, can tell you something about it. Their quintuplets, following Mrs. Pisner's treatment with the fertility drug Pergonal®, were born on June 21, 1983.

Although the triplets Gwyneth, Barbara and Pilar appeared on ABC-TV's talk-show "Good Morning, America," they let dad and mom, the actor Richard Thomas and his wife Alma, do the talking with the host, David Hartman.

Nancy and Kevin Hardie's quads (plus one) of Kokomo, Indiana, are now in their "terrible twos." "Quads could wreck a marriage," says Mrs. Hardie. "But they have strengthened ours."

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IN GOOD TASTE

How can a wife complain that a house isn't tasteful when it's being eaten to the foundation by termites, carpenter bees and a woodchuck?

by Maynard Good Stoddard

Illustrated by Don Trawin

"Now that the kids have gone," said the woman who had promised to love, honor and, evidently with fingers crossed, obey, "it's crazy to have a house with four bedrooms that I have to keep dusting every couple of months."

"Just what does that mean in plain English?" I asked, clutching our checkbook for support.

"It means that it's time we bailed out of this Noah's ark and bought a house the dog can dust by wagging his tail."

"Sell our house, after all the work I've done on it!" I cried.

"If you'd worked on it any more we wouldn't be able to give it away," she replied, trying not to cry. "As it is, we'll have to show it after dark." She then said she didn't care if we had to buy an older house, just as long as it was smaller and "in good taste."

Well, if my dear wife never got her way before (as she claims), or never will again (if I can help it), she surely got it with this view we bought overlooking Freedom, Indiana. The house attached to the view is being tasted to its very foundation by every species of wood-dieting insect and animal in sweet Owen County.

How people in the bug business decide a house has termites, I'm not sure. I did it by carrying a bushel of cucumbers into the house and sticking my best leg through the kitchen floor. Clear to the hip. And stopping there, according to one observer, only because of the size of the hip.

While I was busily hitting my thumb, repairing the hole, Lois got the idea that perhaps the trampoline effect one felt while crossing the living-room floor was not the natural elasticity of genuine Tasmanian rubber-tree lumber, as I had assured her. The matter came to a head the night she thoughtlessly moved all the magazines to one end of the coffee table. I suppose she thought the dog's tail would dust them when he walked past. Anyway, the two table legs beneath the load shot through the floor into the root cellar. And there's nothing more damaging to the male eardrum than a woman who thought all the time that he didn't know what he was talking about.

"I'll relocate the table over the hole until I can find a piece of wood to fix it," I said, relocating the table over the hole.

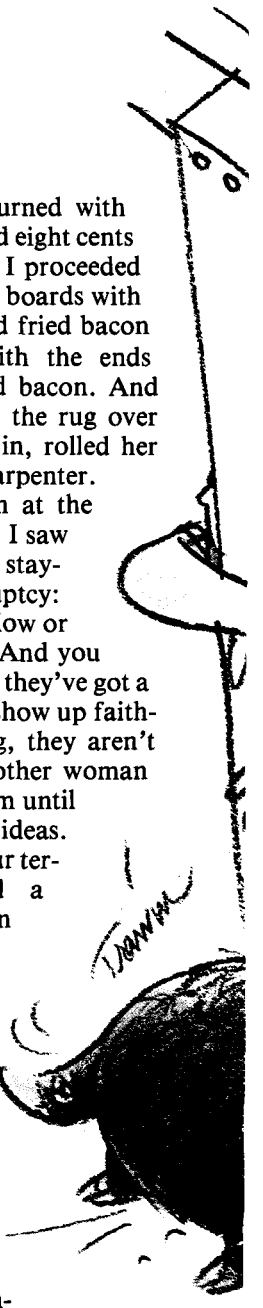
"You'll fix it before we both end up in the sweet-potato bin," she responded.

And there the matter stood for—oh, it must have been seven or eight hours. The next morning is when it was. I woke up to the depressing sounds of furniture being moved. A quick stumble to the bedroom door, and I stumbled even more quickly back to bed. All the furniture had been stacked at the far end of the living room and the rug rolled back. And there must have been at least five strata of Early American flooring showing around the hole waiting for me to rip it up. And in the doorway stood the woman who had promised to love me for better or for times such as these, smug, I-told-you-soish and tapping her toe. I somehow got the feeling that breakfast that morning would not be the social event of the season.

Actually, it would have been better if she hadn't said, "You might as well eat that last biscuit." And much better if I hadn't got cute and said, "I'm saving it to drive nails into the floor."

The truth was, I didn't even need her biscuit. I could push the nails in with my thumb. As we weren't speaking by this time, I said to the dog, "Would you ask my wife if she'd go into Spencer and buy a dollar's worth of spikes? The biggest they've got." My wife returned with exactly 11 spikes and eight cents change. With these I proceeded to convert 11 of the boards with ends curled up liked fried bacon into 22 boards with the ends curled up like fried bacon. And before I could pull the rug over them, Lois looked in, rolled her eyes and called a carpenter.

After paying him at the end of the first day, I saw but two options for staying out of bankruptcy: Either adopt the fellow or put him on salary. And you know women. Once they've got a carpenter who will show up faithfully every morning, they aren't going to let some other woman get her hooks on him until they run dry of ideas. Thus we added to our termite smorgasbord a new room, built on one half of a concrete slab, the other half being left for a patio. The sticks supporting the roof—joists, I believe the carpenter called them—that extended out over the patio the carpenter covered with fiberglass panels to form a canopy. Cement, new wood, fiberglass. Let our termite connoisseurs try their tastebuds on *these* delectables, I said to myself, as in pride goeth before a fall.



The morning after my dry-eyed farewell to the carpenter, I was standing under the canopy of the patio and inhaling the heady bouquet of freshly hewn sticks, or joists, when I suddenly came down with an acute attack of dandruff. Looking up (and there are smarter

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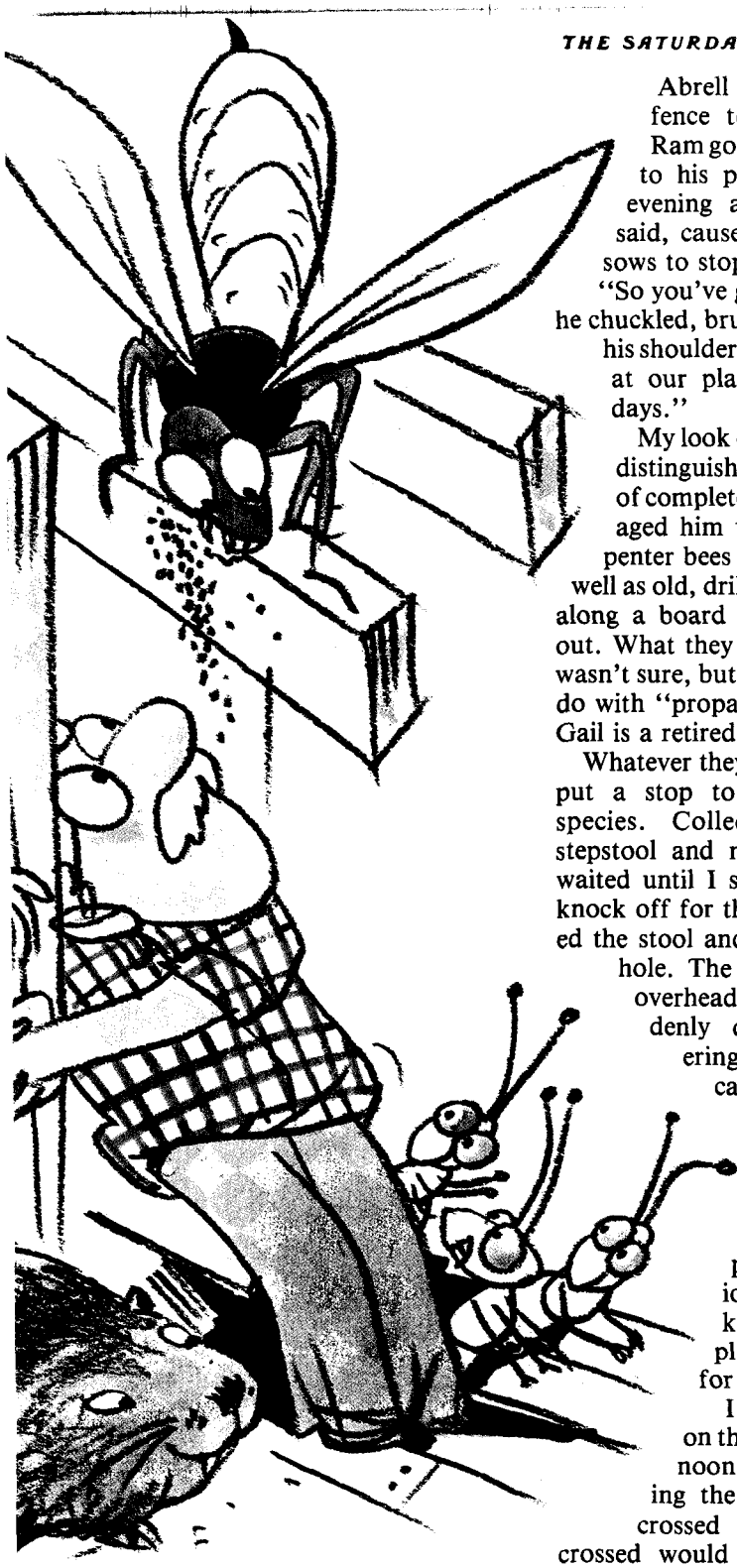

ways of seeing dandruff fall), I saw a bee about the size of a hummingbird excavating a hole the size of a hummingbird in one of our lovely new joists. In fact there was a whole crew buzz-ily converting our brand-new 2x6s into cribbage boards. A bee bee, in other words.

Too stupid or stunned—let's make it stunned—to get in out of the shower of dust, I was still standing there when my neighbor Gail Abrell climbed the line fence to return a Golden Ram golf ball I had sliced into his pasture the previous evening and which had, he said, caused one of his brood sows to stop brooding.

"So you've got carpenter bees," he chuckled, brushing bee dust from his shoulder. "I haven't seen any at our place for a couple of days."

My look of incredulity, barely distinguishable from my look of complete ignorance, encouraged him to explain that carpenter bees attack new wood as well as old, drill an opening, tunnel along a board and drill their way out. What they do in the tunnel he wasn't sure, but he thought it had to do with "propagating the species." Gail is a retired schoolteacher.

Whatever they did, I was going to put a stop to it, species or no species. Collecting the kitchen stepstool and my caulking gun, I waited until I saw one of the bees knock off for the day, then mounted the stool and began caulking its hole. The hole being directly overhead, the caulking suddenly dropped out, covering my glasses. This caused me to mistake the next-to-last step on the stepstool for the bottom step. This in turn caused me to go plunging off the patio and land on both knees on the cistern platform, retiring me for the day.

I was still regrouping on the sofa the next afternoon when the idea of filling the holes with cement crossed my mind. Double-crossed would be more accurate. What I would do, see, was hold the cement in with my thumb until it set. I failed to take into account that the bee might be inside his tunnel and he would be coming out. Which would cause me to leave the stepstool from the very top. At least this time I cleared the cistern platform by a substantial margin.

Before I could come up with another idea, the daily sound of chomping from beneath what remained of our house attracted our attention.

"It's probably just a termite with a bad overbite," I shouted to Lois over the racket one afternoon. Ten minutes later she came into my study with the news that "your termite with the overbite" just crawled out from under the house and was headed for the shed. "And if a termite weighs 20 pounds, you were right."

Now, I know even less about guns than I do about woodchucks. But our son had left one of his pistols with us when he moved.

My only gun had been an air rifle that I had earned as a kid for selling 144 packages of bluing for this soap company. My aunt Blanche bought one and my mother 143. I did kill a sparrow with it once, but only because the insides and all 500 BBs came out at once and weighted the poor thing to death.

Anyway, I grabbed up this pistol or whatever, sneaked around to the corner of the house, took careful aim and sneaked back in to have Lois show me how to unlock the safety on the dumb thing.

Sneaking back again, I took quick aim at the beast, now hightailing it for the shed, shut my eyes and pulled the trigger.

For my first time with a pistol, I could have done worse—though I can't at the moment think how. The bullet penetrated the fuel-oil tank near the bottom and blew the left front tire on Lois' Monte Carlo. The explosion caused the woodchuck to start back toward the house. I as promptly dropped the gun and headed for the back door. To my recollection it was the first time I had ever gone through the screen door without opening it.

"What was the rush?" Lois asked as she tried to work the remains of the door back over my ears.

"I need a clothespin for the fuel-oil tank," I explained, without bothering to explain.

Neighbor Gail happened to be returning another golf ball one day after the woodchuck had recovered its nerve and was again busily trying to chuck our house down. I said I saw no reason for the thing working on our timbers when we have ten acres of woods he is free to chew on.

"He doesn't give a hoot for your wood," Gail explained. "He's after termites."

If Gail knows his stuff, it'll be our first break since moving into this delectable dwelling.

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THE GREAT BICYCLE RIDE ACROSS IOWA

From the whimsy of two Des Moines Register *reporters, the annual "RAGBRAI" has grown into Iowa's biggest event outside the state fair.*

by Fredric Dannen

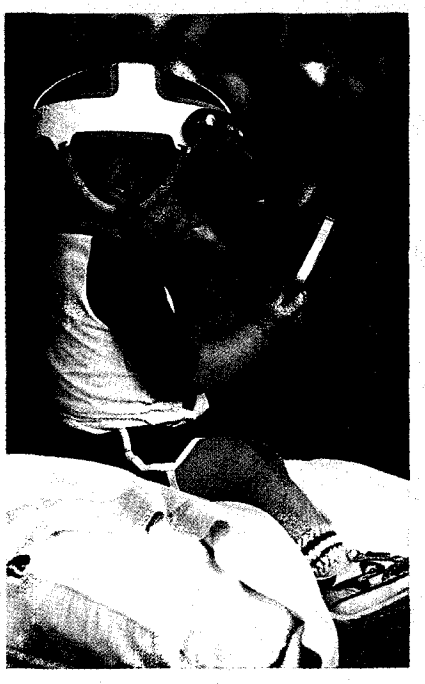
Gene and Leo McMullin are pedaling a red Firestone tandem over the back roads of Iowa. The two brothers—Gene is a pig farmer and Leo works as a mechanic for John Deere Co.—are both in their 50s. Neither is what you would call an athlete. Gene's stomach sags a bit over the belt buckle on his plaid shorts. As they struggle up a hill, a pack of intent riders flies by on sleek ten-speeds. Occasionally, a cyclist coasts to take a curious look at the two men on their mud-crusted relic.

"You notice how these young people have to stop pedalin' once in a while?" Gene posits in the twang of his native Prairie City. Then he redoubles his efforts to climb the hill. A smile spreads across Leo's swarthy face. "Now don't you burn up them bearings, Gene."

Welcome to the "*Register*'s Annual Great Bicycle Ride across Iowa," better known as RAGBRAI. Now an 11-year-old institution, RAGBRAI is as Midwestern as a corn harvest, the lazy drone of a crop duster, Grant Wood and red suspenders.

As its name suggests, RAGBRAI (rhymes with horse fly) is sponsored by the *Des Moines Register*, self-styled as "The newspaper Iowa depends upon." The RAGBRAI route changes every year, but it always begins on the state's western border, near the Missouri River, and ends on the other side at the Mississippi. This writer, a New Yorker, was one of 7,000 enthusiasts who came from all over the United States to participate last July in the increasingly famous ride. In seven days, RAGBRAI XI spanned the 492 miles from Onawa to Dubuque.

Kids too young to ride (below) often go along in a "bugger" (bicycle trailer), while riders (below, right) finish the week with sunburns and sore rears.



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RAGBRAI has grown from the whimsy of two *Register* reporters into Iowa's biggest event outside the state fair. In 1973 Donald Kaul—a scraggly-mustached liberal and author of one of the paper's best-loved columns (but who has now left the *Register*)—fretted about losing the common touch of his home state. He had been transferred to that city of bureaucrats and lawyers, Washington, D.C. So another staffer, John Karras, suggested that he and Kaul pedal their bikes clear across Iowa. With only six weeks' notice the *Register* announced the reporters' plans.

When Kaul and Karras reached the starting point, a motel in Sioux City, they were startled to find 300 eager cyclists. The next year there were 1,700. Now the ride has become so popular that the *Register* uses a lottery system to keep the census at 6,500. But Iowa locals, like the McMullin brothers, typically join RAGBRAI on any given day, so the actual turnout is more like 7,000, most of them from Iowa and neighboring states. Possibly, like Kaul, they come to experience the full flavor of small-town Iowa life.

Make no mistake: The allure of RAGBRAI is not the terrain or the scenery. It is certainly not the sultry Iowa summer. Try to imagine, if you will, riding your bike in a pack of 7,000, outnumbering by a factor of two or three or four the population of almost any town en route. RAGBRAI riders are local heroes, a royal caravan, an occupying army. They bring a powerful economic boost to needy backwater communities.

And the host towns, some of which have begged for years to be a RAGBRAI stop, pour on the hospitality. Churches, 4-H clubs, Jaycees and other civic groups sponsor huge feeds; fire trucks greet overheated riders with a cooling spray; children stand by the roadside to hand out glasses of ice water. Whole streets are cordoned off for evening revelry. In Clarion, one stop on RAGBRAI XI, glee clubs and banjo pickers sang on the village green and a tennis court became the site of an impromptu square dance. In the host town, the fairgrounds are invariably too small to hold the itinerant campers; tents dot front lawns across the landscape. Municipal swimming pools overflow with bodies, and high-school locker rooms and showers are jammed by sweaty cyclists. RAGBRAI, it turns out,

Cyclists wait in line (above) for a hot barbecue served by a civic group in one of the host towns. With 7,000 riders on the road (left), many a community is overwhelmed as bikes come and go for a period of several hours.

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isn't so much a bike ride as a folk festival.

The 1983 event had a few changes from RAGBRAIs past. For one thing, the *Register* has been forced to charge. It's a small fee, only $12.50 ($15.00 in 1984). For that, each rider gets a baggage-tag official patch, and two huge vans are provided to carry luggage. The *Register* also provides ambulances and "sag wagons" for the incapacitated.

Perhaps the most talked-about change was the absence of Donald Kaul. Kaul, it seems, hated the ride and swore each time that he'd never do it again. For once he meant it. The 48-year-old columnist, ever complaining of his sore knees or posterior, tended to bring up the rear. (He writes: "All those people who used to say, 'Hey, there's Kaul; we must be at the end of the ride,' won't have anything to say now. Tough.") Kaul found those taunts all the more humiliating because Karras, five years his senior, is slim and athletic and typically leads the pack. Maybe that's why Kaul was intimidated into enlisting each summer; or maybe he realized that RAGBRAI produced good copy.

But Kaul's pen is as sharp as ever. On the Sunday morning that the tour began, Kaul wrote: "If the sense of loss gets to be too much for me, I suppose I'll turn off the air-conditioner, wrap myself in a wool blanket and hurl myself headfirst down the stairs."

So Kaul was gone. Columnist Chuck ("Iowa Boy") Offenburger, who isn't much more of a cycle pro than Kaul, was cohost for 1983—"I'm the one who looks like a tubby guy from Shenandoah wearing lawn-mowing shorts on his first real bike ride"—but not once did he complain of heat or physical ailment. One 71-mile day, with an hour's head start, he actually beat Karras into town. Offenburger exulted about it in the next morning's edition.

Another RAGBRAI celebrity was missing: Clarence Pickard. *Pickard, a small, shy gentleman,* left his hometown of Indianola for that first ride in 1973. He showed up riding a girl's Schwinn and wearing a silver pith helmet and black tennis shoes. Despite the strategic haberdashery, no one really expected "Mr. Pickard," as he was always called, to complete the ride. That's because Mr. Pickard was 83. Not only did he make it from border to border, but articles about him captured the hearts of Iowans, who demanded there be another ride. Although Pickard never rode on RAGBRAI again (except for one day in 1974), he continued to be a "hero" to young and old alike.

(Below) A weary rider rests among the baggage. (Below, right) A host group readies a welcome refreshment break for the onrush of perspiring pedalers.

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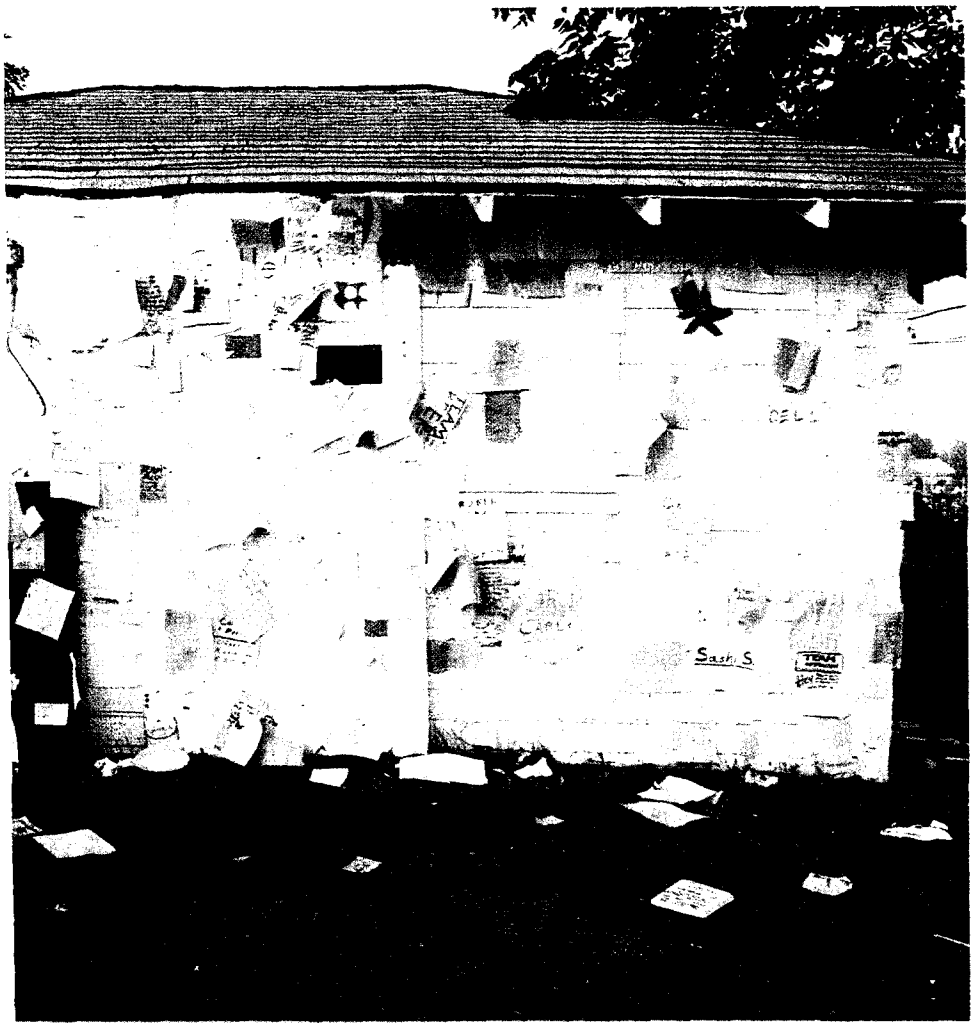

Sadly, Pickard had died the winter preceding RAGBRAI XI after being struck by a car in Indianola. He always was a bit careless: On that first ride he had strayed from the pack and pedaled onto Interstate 80. RAGBRAI XI was designated the "Clarence Pickard Memorial Ride" in his honor. The handsome patch given all the riders was emblazoned with his pith helmet.

People, like this writer, who come from out of state are in for a surprise: Iowa isn't flat. No, not by a long shot.

"You see, Iowa is a state of rivers," Ann Karras, wife of John, explained to a RAGBRAI novice. "So we're always rolling in and out of river valleys." The second and shortest day, as we pedaled the 46 miles from Harlan to Guthrie Center, John Karras counted 4,017 hills, surely an exaggeration. But on the first and last two days of RAGBRAI, one can always count on what Karras calls "that roller coaster feeling."

However, on the two or three middle days of RAGBRAI, Iowa becomes as flat as a tabletop. And that's when the RAGBRAI novice makes another discovery about Iowa: The scenery is pretty boring.

Let's face it. Iowa, 95 percent of its land suitable for cultivation, is mile after mile of soybeans and corn. One needs to go farther east for dense forests or farther west for grasslands. Iowa is an endless stretch of green fields, cattle, hogs and silos. There's little to break the monotony, short of an occasional red barn, combine or crop duster.

Then there's the weather. It gets awfully hot. The rivers Ann Karras speaks of are nowhere in sight. Shade trees are few and far between—a major worry on RAGBRAI XI, because in mid-July a terrible heat wave hit the Midwest. Fortunately, a rainstorm struck the first day of RAGBRAI XI, and the climate turned temperate. We're informed that God must look down well on bicycle riders, because bad weather, even hot weather, has been an exception.

However, in a state of flat prairies, the bike rider is always at the mercy of the elements. One evening in 1983 the wind and rain kicked up with such ferocity that tents were blown away. Reportedly, one father

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It requires a giant-size bulletin board (above) for riders to keep tabs on friends back for this 11-year-old institution. (Left) Residents of Soldier, Iowa, sit outside the local pub to watch bicyclists on their first day of RAGBRAI.

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READ-ALOUD FOR CHILDREN

Animals can be laughable enough as animals, but when they begin acting like people, they are funnier than a barrel of monkeys.

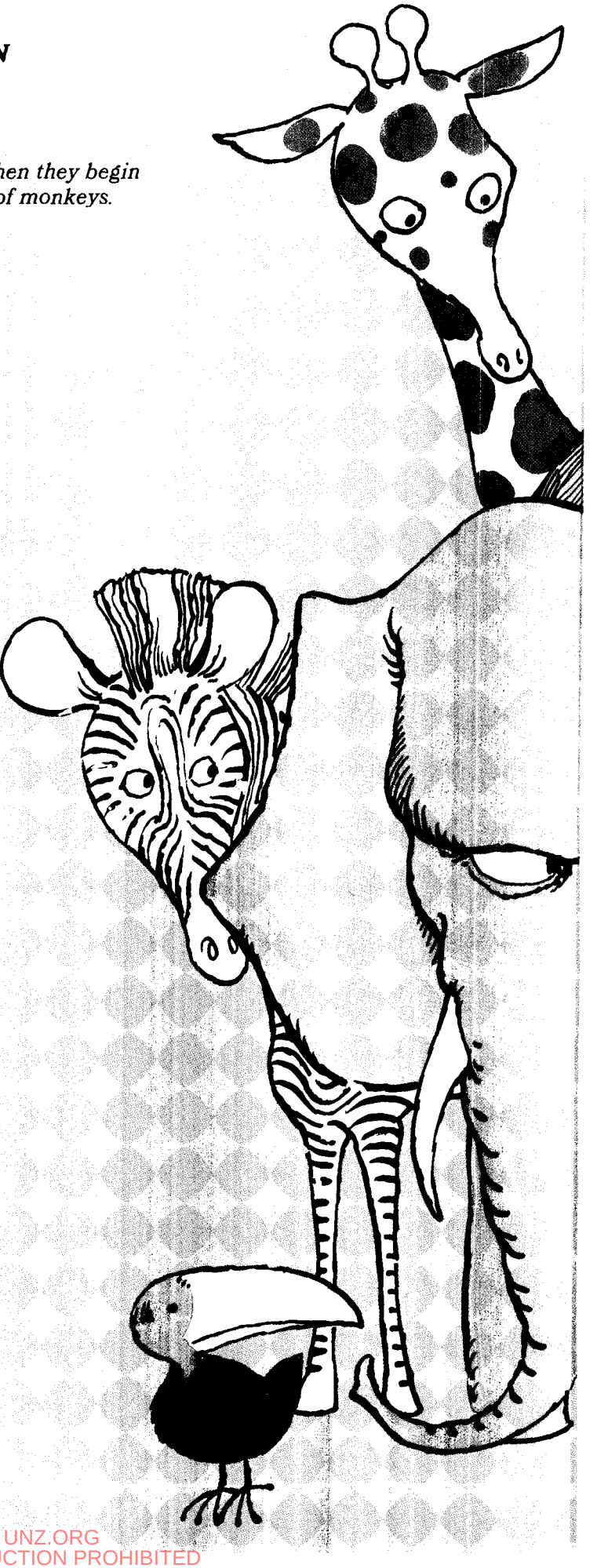
Illustrated by Phil Smith

One day the zoo keeper called all the animals together. He said, "We are going to have to close the zoo. We do not have enough money to buy food for all you animals. I will have to find new homes for each one of you."

This made the animals very sad. They met later and asked each other, "What shall we do? The zoo keeper treats us well and this is a good home. The children like to come here and visit us."

The wise owl said, "If we could only get some money for the zoo keeper, he could keep the zoo open. Maybe we could get some money by having a variety show and selling tickets." All the animals thought this was a very good idea, indeed.

"Who will dance in the variety show?" the owl asked. There was silence. None of the animals wanted to dance in the show. "Who will sing in the



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variety show?'' asked the owl. There was silence, for no one wanted to sing in the show, either.

Then the chimpanzee remarked, ''People think it is very funny when I act the way people do. Perhaps we could have a variety show in which we animals acted as if we were people.''

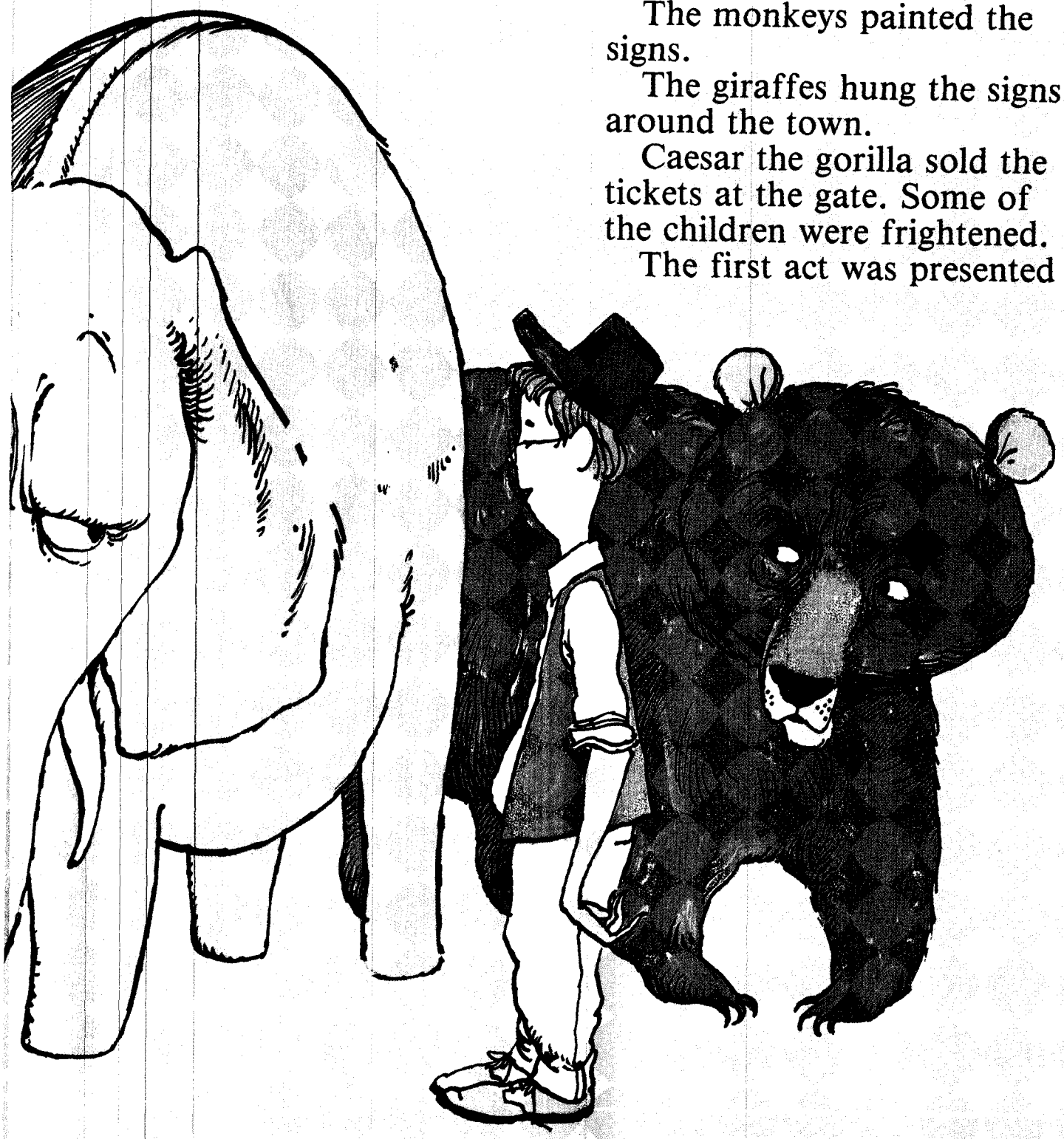
All the other animals thought this was a very good idea.

The monkeys painted the signs.

The giraffes hung the signs around the town.

Caesar the gorilla sold the tickets at the gate. Some of the children were frightened.

The first act was presented



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by the monkeys. They portrayed human life in an office. Girl monkeys were seated by typewriters. One monkey walked around the office yelling at the secretary monkeys. He was the boss. He hit one of the secretary monkeys on the head with a banana. One of the secretary monkeys made faces at him behind his back.

The secretaries in the audience thought the act was very funny. Some men who were bosses were also in the audience. They did not think the act was funny.

The second act was presented by the parrots. All the parrots had telephones. They portrayed ladies gossiping on the telephones.

"Did you hear about John and Cleo?"

"Don't tell a soul, but I heard that Cora . . . ."

"I just could not wait to tell you. Did you know about Jane and Harry?"

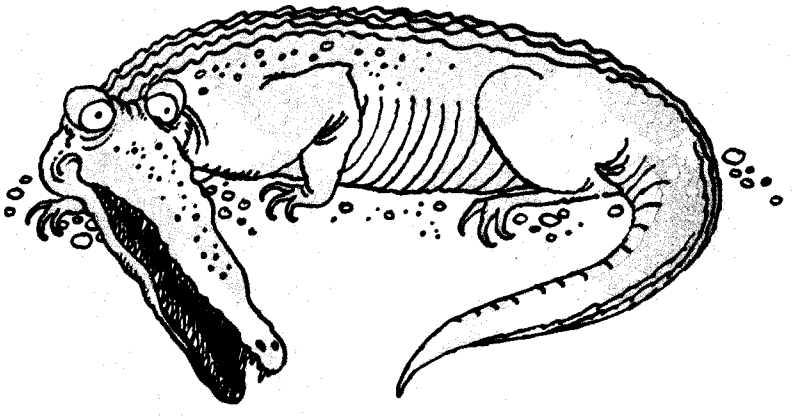
"With whom?"

"Just wait till you hear what I heard."

"I don't care, I don't like the way she talks about me."

The men in the audience thought the act was very funny. The ladies did not like the act.

The next act was presented by the bears. Father Bear was



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watching a football game on television. His favorite team was not doing very well. Father Bear was growling and yelling at the players on the television. He was growling and yelling at Momma Bear to bring him his slippers and root beer. Baby Bear was frightened and hid behind the chair. Papa Bear got mad and broke the television by hitting it with a chair.

The next act was presented by the zoo chipmunks. They portrayed dinner with the family. Butch and Susy were fighting over a favorite spoon. Father was pulling Butch's ear. Mother was shouting at Clarence to get back to his seat, and Junior overturned his cereal bowl on his head.

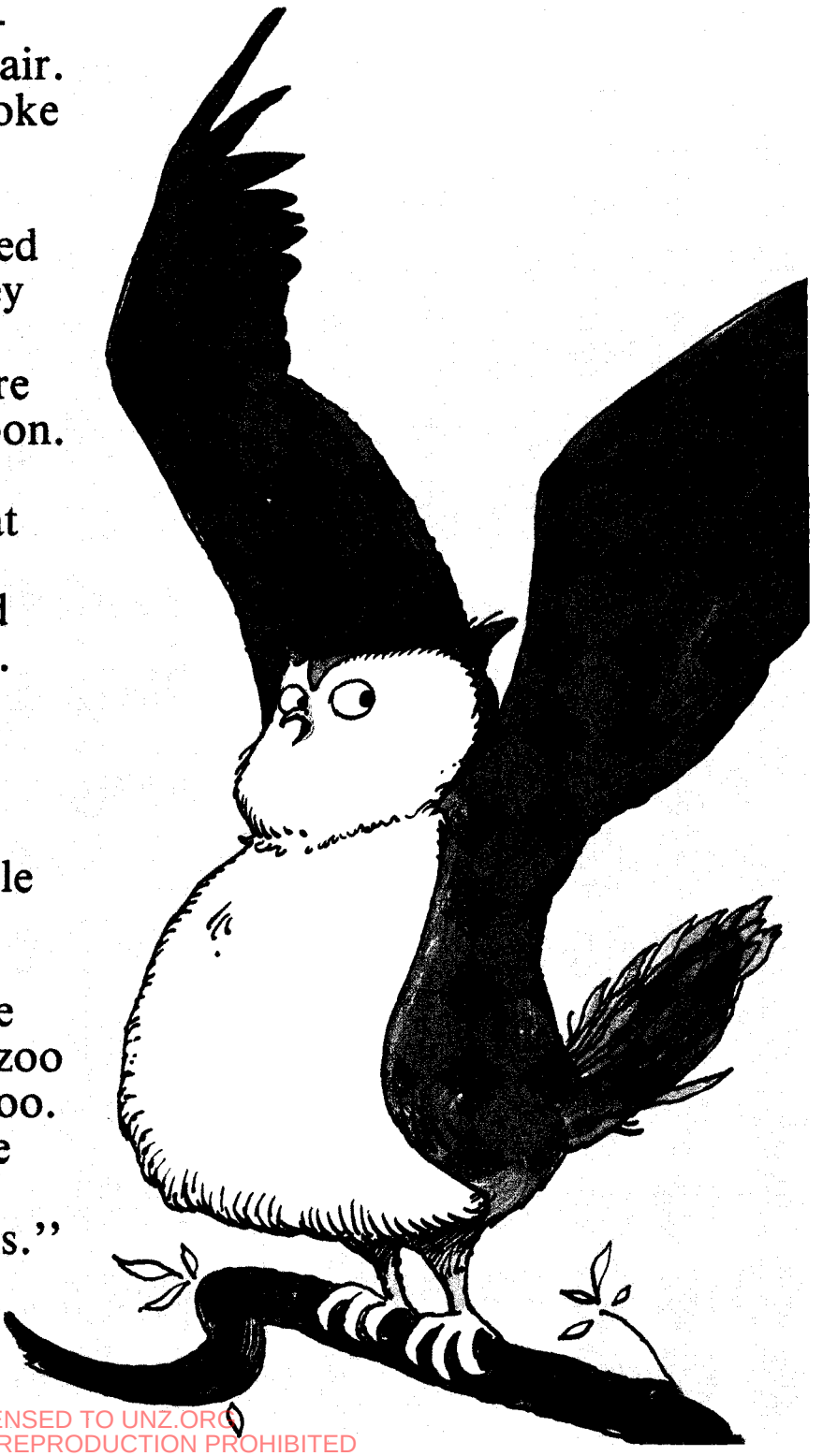
For the final act, the monkeys presented a circus act with trapeze and clown performances.

After the show, the people went home. They all had enjoyed the "Zoofield Follies." One man liked the show so much he gave the zoo keeper $1,000 to help the zoo. The zoo keeper thanked the man and said, "Now I can buy food for all the animals."

Now the zoo keeper is happy—he will not have to close the zoo.

Now the animals are happy—they will not have to leave their home.

Now the children are happy—they can come and visit the animals.★



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YANKEE PITCHER RON GUIDRY UNWINDS

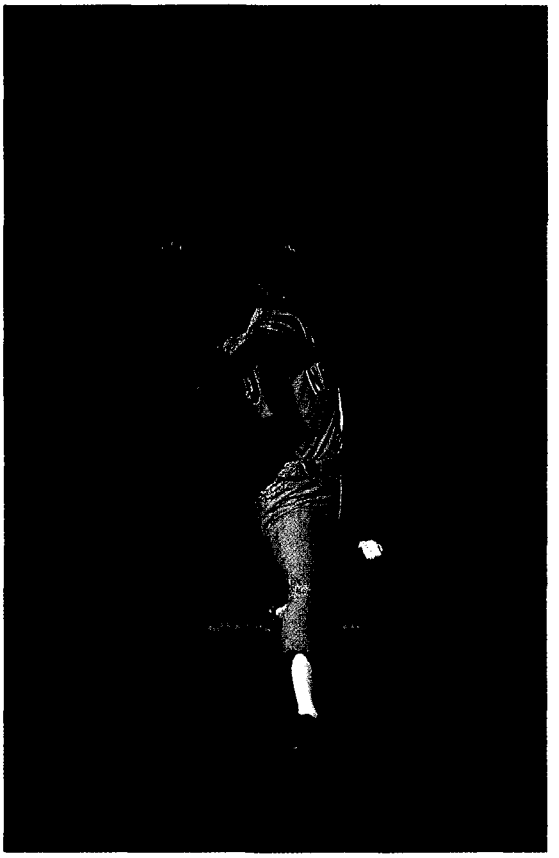
The American League's most dependable starter delivers a pitch for home, wife, kids and hunting on his beloved Louisiana land.

by Jack Dant

New York Yankees' pitcher Ron Guidry collects nicknames the way other people collect stamps and coins. Nicknames are a characteristic of his people, the Cajuns, those dark-complexioned, slightly mysterious folk descended from the Acadians, who fled present-day Nova Scotia to escape religious persecution in 1755 and settled in Louisiana's bayou country. Guidry's parents affectionately call him "B" (short for Baby), sportswriters call him the "Ragin' Cajun," his teammates call him "Gator," fans call him "Louisiana Lightning"—and manager Yogi Berra will call on him to take the mound every five days in 1984, confident his 33-year-old ace will give him a win.

For there is one other thing Ron Guidry collects in abundance—victories. His eight-year record of 122 wins against only 51 losses gives him the highest winning percentage among active American League pitchers. Last year he led the league with 21 complete games while turning in a spectacular 21-9 season during the Yanks' disappointing 91-71 finish behind Baltimore—despite his losing three weeks to a back sprain. The season was his finest since his 1978 Cy Young Award-winning performance, when he notched a 25-3 won-lost record, highlighted by 248 strikeouts and a 1.74 earned run average.

But despite all his records, maintains Guidry when interviewed in his spacious, trophy-rich home in Lafayette, Louisiana, he looks at baseball in perspective, as only a game.



"I used to throw the ball down the middle of the plate," says 33-year-old Guidry, one of baseball's most formidable pitchers. "Now I don't do that any more."

"Baseball is the fourth thing that is most important to me," stresses the pitcher, whose other interests are his family, his friends and his passionate love of hunting. "If I lose a game, I can sleep at night. I don't let a loss interfere with my personal life at home. If I have to choose, I'm going to choose my personal life over baseball. It's just a job, and I can always go find another job."

In an age when athletes shed spouses nearly as often as they are traded, Ron Guidry is a throwback to an earlier era. Just as he has played for only one major-league club in his career, so too has his marriage to a hometown girl named Bonnie Rutledge lasted solidly, since 1972. And during the off-season, rejecting most endorsements and the banquet tour as unworthy of his time, Guidry spends the bulk of his nonhunting hours at play with seven-year-old Jamie and four-year-old Brandon. "He's a good father and a good husband, without a doubt," says Bobby Badeaux, Ron's former battery mate from Lafayette American Legion days and his best friend in or out of baseball today. "His strong family ties and his strong friendships stem from his Cajun heritage."

Guidry comes across in person as more polished than his hometown peers appear. His dark hair is precisely cut, and his informal apparel, from brown loafers to a snug-fitting, casual shirt, reflects his taste in quality clothes. A gold "NY" emblem garnishes his neck, and his watch and rings, except for his wedding band, are gold commemorations of past World Series appearances. (He's been in three fall classics.) There's a small roll of fat about his middle, but for all his love of good Cajun cooking, at 165 pounds he is only a few pounds heavier than he was in 1977, when his 16-7 mark in his first full season made him a Yankee to stay. He looks strong through the forearms and shoulders, but his overall whippet-thin appearance makes him look more like a Hollywood character actor than

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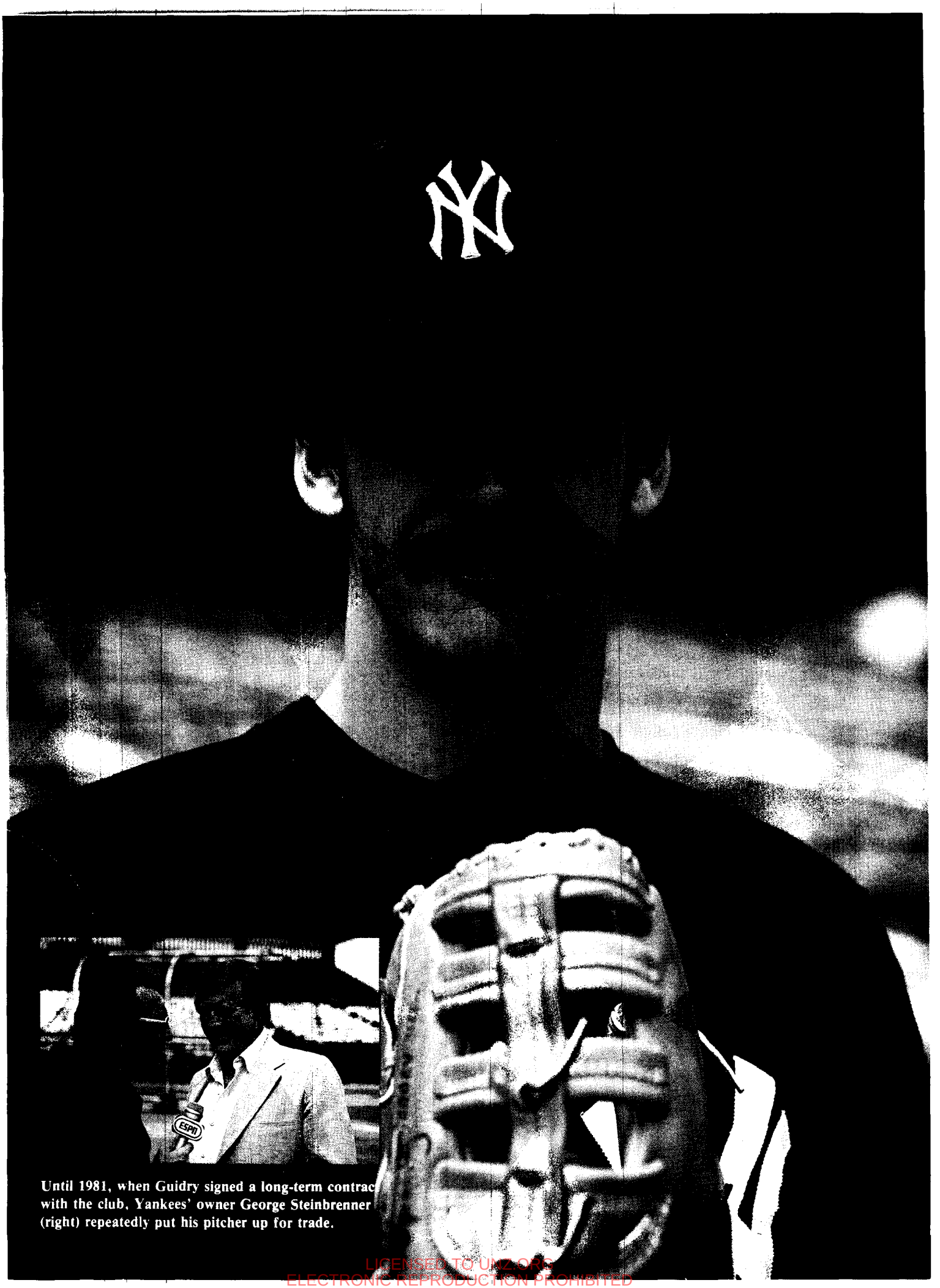

Until 1981, when Guidry signed a long-term contrac
with the club, Yankees' owner George Steinbrenner
(right) repeatedly put his pitcher up for trade.

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EASTER FLOWERS

"They came before the first wake-robins lifted white among rotting leaves near the river. . . . Something wonderful happened when the windflowers began to blow upon those hills."

by MacKinlay Kantor

The night that Dutch DeHoke came to the Renn house, Aunt Jennie filled a wooden tub with warm water and gave Dutch a bath.

The unfamiliarity of the whole business—mellow lamplight, ministering hands, a smell of bacon and ginger cake in the room instead of nauseating odors, the shock of his father's mutilation and death—all these factors must have confused the quivering 13-year-old mind of Dutch DeHoke and tortured him in ways he could not express.

He had been tortured before. I remember how we used to drive past the DeHoke place and shudder. My father would shake his head; we children would stare at the stark, gray house behind its windbreak of broken willows; we would see dark figures moving against the dirty straw near the barn doors. They were grim figures, DeHoke figures, pitiful and frightening by turns.

We heard what old Carl DeHoke had done to his wife and how she had died of it . . . . But at last the devil came for his own, according to neighborhood prophecy and opinion. The devil came on a day when old DeHoke went out to disk the plowed land behind the windbreak, and perhaps he beat his horses once too often.

Peter, the boy—we called him Dutch—found his father's body. It was not a nice thing to see, after the cleaving weight of the disk had passed over it . . . . So Mr. and Mrs. Renn took Dutch in.

Mr. and Mrs. Billy Renn were always taking boys in. They lived on a little farm southeast of the DeHoke place—a farm lying along the hills beside Nathan's River. Long ago, Aunt Jennie and Uncle Billy Renn had two boys of their own, and among the tragedies of our early county history was the tale of the prairie fire which burned the Renn house and the two boys in it.

William Renn didn't rebuild among the ashes of his home. Instead he built a little house at the far corner of his land, with the river valley close outside the windows. It was only a tiny house, but it was big enough for the Renns and their memories. Within a few years it began to be big enough for the boys they brought there. Sometimes there was only one boy, sometimes there were two or three. Dutch DeHoke was the last to come.

There was something peculiar and distinctive about the grasses growing outside the Renn's yard fence. They were wild prairie grasses; they had always grown there, and by the time I came along there was little of such unturned prairie sod in Fairweather Township. It wouldn't have made good land for cultivation; still, I think it was Aunt Jennie's affection rather than a farmer's wisdom which kept Uncle Billy from putting a plow to the virgin soil.

There, in earliest spring, the windflowers romped and rolled. People will tell you that windflowers have no smell, and yet their smell is in my nostrils now. It has musk and dust in it, like the scent of dandelions when you crush them.

And botanists will tell you a lot about "low perennials with palmately compound leaves," and they will roll out a name like *Pulsatilla ludoviciana*. But Aunt Jennie was no botanist. She called them "Easter flowers" because sometimes they came at Easter season if the mysteries of the religious calendar permitted. The blossoms ran through every shade of lavender, lilac and purple, back again to pinkish white. Their centers caught the sun and held it; the hairs of stems and petals were silky as hairs on a baby's skin. They came before the first wake-robins lifted white among rotting leaves near the river. . . . Something wonderful happened when windflowers blew upon those hills.

Dutch DeHoke was no silk-feathered flower, blooming in his benefactors' dooryard. The anguish of his previous years had toughened him. He was never the fair-haired little Hollander of wooden-shoe legend. He was dark, almost swarthy. A fight, to Dutch, was not a rowdy encounter to be entered upon carelessly or easily, and to be forgotten with the first distraction. When he did fight, he was ready to fight to the death. He would use rocks, teeth, fists, feet, a broken singletree, a hoe or whatever came handy. Once he and the Callahan boys got in an argument, and when Dutch decided that his right to life and happiness was endangered, he opened his pocketknife and slashed Marty Callahan's forearm.

Old man Callahan told Aunt Jennie that unless she could keep her orphan under control, he'd see that Dutch was sent to an institution. He made Uncle Billy take Dutch's knife away from him; poor Uncle Billy had to whip Dutch, out behind the corncrib, and then take him into the house for Aunt Jennie to read the Bible to him.

"Can't I read The Book instead?" he asked repeatedly, and at last she relented.

An itinerant salesman had cajoled Aunt Jennie into paying six dollars for an illustrated volume: *The Encyclopedic Atlas of Mankind's Endeavors and Accomplishments, Complete with Maps and Lavish Illustrations*. To Dutch, fresh from a home where the only printed matter consisted of catalogues that came free in the mail, The Book held the sum of all to which he might ever hope or attain.

Gradually one section came to be more thumbed and dog-eared than

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"Where are they?" she asked. She was a little frightened. "I can't find the grass. I can't find any of 'em. Where are they?"

the rest. That section dealt with mankind's accomplishments in the bowels of the earth. It had some queer little pictures of cars running on tracks and laborers with lamps in their caps. It showed the salt mines of Siberia, and Dutch liked the chapter "Down in a Coal Mine" better than the one I always fancied, "Down in a Diving Bell."

Gold was his specialty—perhaps because the lack of it was such a horrid factor in his earliest life and was even of considerable inconvenience to the Renns.

Proceeding in the face of repeated warnings, he carried gold-hunting activities across two farms into the domain of Mr. Ross Nye, a neighbor of stern habits and surly disposition.

Dutch's account of the disaster was necessarily prejudiced and untrustworthy, though I can imagine what actually happened. Mr. Nye had ordered Dutch off his land on other occasions, but the sparkling rocks of glacial drift were especially enticing there.

I can see Mr. Nye coming up, club in hand; I can see the trapped terror with which Dutch faced him.

"Look here, how many times have I told you to stay away from this place?"

"I wasn't hurting anything. I was just looking——"

"Yes, just looking! Look what you done to those rocks! You've been chopping around, doing a lot of damage——"

The big hand closed on Dutch DeHoke's shirt and shoulder. "Now I'm going to give you the tanning of your life."

I don't know how many times the blows fell, though years afterward I learned that in truth they did fall and fall hard. Dutch DeHoke still had his hatchet; in his hatred and anguish, he struck.

An hour afterward a hired man found Ross Nye lying unconscious and lugged him to his house. The first words he uttered were, "Get that crazy Dutch young'un. He blame near murdered me." Then he relapsed into stupidity; for two days his relatives didn't know whether or not he would live. That he did live for another truculent and hearty ten years could not have been much satisfaction to any of them.

The deputy sheriff and a county supervisor and various interested persons waited with Uncle Billy and red-eyed Aunt Jennie, but Dutch did not reappear at the Renn farm.

Aunt Jennie didn't take in any more boys after that. She and Uncle Billy seemed older and more tired. Windflowers still grew in front of the dooryard, the prairie sod was knitted firmly across the earth beyond the gate, but Dutch DeHoke had gone to walk upon other sod, no one knew where.

In the 1920s I lived six miles distant from Fairweather Township. I sat in a little office with my name on the door and gilt-lettered signs in the window stating that I dealt in farm titles, abstracts, insurance.

Often I sat studying the people who walked our street and wondering about them. Thus I wondered about Dutch DeHoke when he came to move among us once more.

He came along the street on a day in late winter, and he read my name on the sign and picked his way through the slush to my office door. I didn't know who he was. He wore a heavy, tan overcoat with creases of a city tailor's pressing still sharp.

"I'd know you anywhere." He spoke my name. "Remember me? My name's DeHoke, Dutch DeHoke. When we were boys—out at the Renn farm——"

I turned on a desk light and motioned Dutch DeHoke into a leather-bottomed chair.

We smoked for a while, smiling back and forth.

"I guess it isn't true, then." He had an odd accent which clicked against his words when he spoke. "My reception would have been different, if——"

"If what?"

"If I had killed Ross Nye."

"Lord, no! He was walking around in four or five days, cross as ever. He was sound and healthy up to the time of his death."

"It may be funny to you," he said, "but I thought I had killed him. Later I decided probably I hadn't, but I always thought about it."

"Where have you been, Dutch?"

"Bangka, in the Netherlands Indies; an island east of Sumatra."

I looked at the mighty diamond on his finger and at the three fat pearls that hung from his watch chain.

"Have you been there all this time?"

"Very nearly."

He had bummed his way to California; had stowed away on a small boat. They put the boy to work, and later the chief engineer placed him with acquaintances in Malaysia. Thus he had spent that long generation between childhood and earliest middle age, which seems like the longest generation of all. He had no family; he had money, plenty of money, if one could judge by the few but magnificent jewels he wore.

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STARS WHO LEAD DOUBLE LIVES

With businesses of their own to do their moonlighting for them, Hollywood actors can afford to work only when they're in the mood and the role is right.

by Frederic W. Rosen

"Would you like a hot fudge sundae?" Patrick O'Neal asked me, as if we were old friends.

I was sitting in O'Neal's, one of the five restaurants in Manhattan that this veteran of motion pictures, stage and television owns. His brother Michael is his partner.

"I guess it's a real family operation," O'Neal said. "My wife does all the decor. I do the lighting, hiring the waiters, cooks and maître d's, choosing the menu and deciding where the chairs and tables will be placed.

"Now I'm going to have a hot fudge sundae, so come on, have one. I promise they make good ones here!" O'Neal flashed a boyish grin. That and his khaki pants and safari jacket were in direct contrast to the role he had just quit—that of Harlan Adams, the slightly evil and well-dressed mogul on the TV series "Emerald Point, N.A.S."

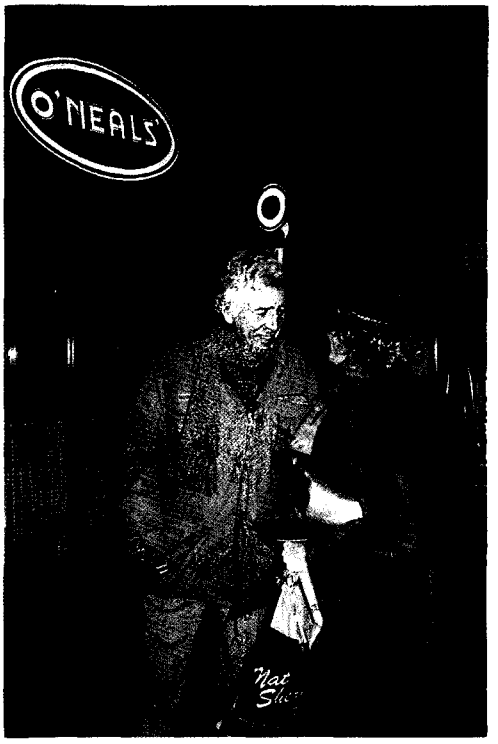
After O'Neal settled down to his hot fudge sundae, he came back to the subject of his quitting a successful TV series.

"Most people thought I quit because I wanted to be back in New York City taking care of my businesses. That's not true.

"I quit, and in the process gave up *a lot* of money, because the producers wanted to expand my role on the show. That would have required spending more than two days a week in Los Angeles filming. Yes, my work is in New York, but more importantly, my family. I wanted to be with them.

"My son and business advisor thought I was wrong, for different reasons, though. My son liked seeing his father on TV every Monday night, while my business advisor thought it was a bad business decision," the Florida native, who delivered *The Saturday Evening Post* as a boy, said.

Only time will tell if O'Neal's decision was a bad one. Although he did not quit simply to manage his business interests, which also include restaurants in Florida and California and extensive real-estate holdings, those business interests gave him the *freedom* to quit.



Owner of restaurants and extensive real-estate holdings, Patrick O'Neal no longer has to rely on income from TV and movie roles.

"My favorite role in life is directing movies and also acting in them," O'Neal told me. "But a few years ago, I was scheduled to do a picture with Richard Harris, and my partners in a business deal said, 'If you go, this deal will fall apart.' So I stayed. After that, I put a sign up in my office that says 'Remember Africa,' to remind me where my priorities should be."

O'Neal's involvement in business illustrates a trend among contemporary TV and movie actors to go into their own businesses. They do it for protection against fallow times in their careers and as a way of making a separate income from which they can derive creative and artistic freedom.

"Once the Hollywood producers know you need money, they'll throw you all the 'shlock,' the bad parts. In this way, they grab a name actor for nothing, and if you have nothing

Ernest Borgnine, with wife Tove, his partner, now has a rejuvenating-skin-cream manufacturing business to fall back on when good scripts are scarce.

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to fall back on, you're in trouble," Ernest Borgnine said to this interviewer.

A friendly and articulate man who insists upon being called "Ernie," he won an Academy Award as best actor for his portrayal of the lonely Bronx butcher in the film *Marty*. Yet where Borgnine as Marty was content to sit back and let the world step over him, Borgnine in real life is the direct opposite.

Borgnine is a partner with his wife Tove in a successful business, a firm that manufactures a rejuvenating skin cream. Developed from a formula that originated in Mexico, Ernie and Tove mail their skin cream, called Tove #9, to every state in the United States and to many other countries.

"We've been in business for eight years, and our sales are now in the multimillion-dollar category," Borgnine told me. "My wife is the president and I'm the good-will ambassador. She comes to me looking for help," he said, laughing.

Borgnine can now afford to choose his own parts. "I did a 'Magnum P.I.' episode last year for peanuts, because I liked the role," he said. "Don Bellisario, the show's producer, liked me so much, he cast me in 'Airwolf,' a new series which he's also producing."

So, where O'Neal could afford to quit a show because he had a business to fall back on, Borgnine could afford to *do* a show for exactly the same reason. "As long as you have a business behind you, the producers in Hollywood will send you the good scripts," Borgnine said.

Fess Parker, best known for his Davy Crockett role, today calls the shots in his real-estate holdings, gas and oil interests and mobile-home parks.

One actor who doesn't believe that being successful in business automatically allows creative freedom is Wayne Rogers, who's best known for his role of Trapper John on "M*A*S*H."

"If you don't beg for a job, the studio executives will not like you, and I cannot believe having your own business influences anyone on the other side of the table," Rogers, a Princeton graduate, said.

"Supposing you're an actor with a business on the side, and you go in to negotiate your fee for a movie. The studio executive you're speaking with is being paid a *weekly* salary and here comes this person, this actor, who doesn't need them, because he has his own business. I would have to think people have resented me for being successful in business."

Successful is an understatement. In financial circles, Rogers is known as an intelligent and respected investor. His business interests include real-estate developments, a boat and barge business on the Mississippi River and a partnership in the Beverly Hills-based Brentwood Management Group, an investment-counseling firm that takes care of the business affairs of Rogers' show-business colleagues. In short, Wayne Rogers is a multimillionaire from his business dealings—and those monies allowed him to quit "M*A*S*H" in 1975 and to try a different series, "City of Angels," a show that subsequently flopped. Rogers said he always chooses roles on the basis of his interest, not how much money he is paid. He can afford to work infrequently and wait for a role that has value to it, like that of a compassionate police chief he played in the recent TV miniseries *Chiefs*.

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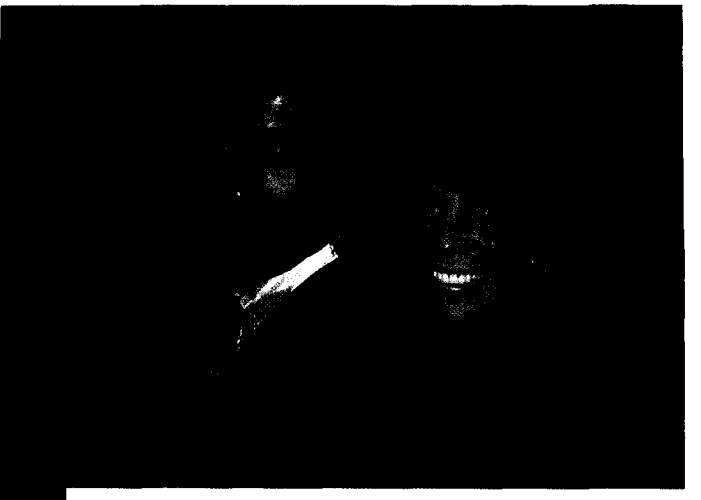

Actress Ann Turkel looks for independence by joining fiancé Hans Buhringer in manufacturing and marketing a unique swim suit.

A multimillionaire from real estate, a boat and barge business and partnership in a management group, Wayne Rogers of "M*A*S*H" could afford to try his talent in other roles.

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RELIGION

WHERE ARE YOU GOING?

"Imagine life as a journey by train to an airport at which all passengers disembark. No luggage can be taken any farther, and passengers with onward air-bookings proceed to the departure lounge awaiting their onward flight to . . ."

by Denis Burkitt, M.D.

Illustrated by Judith Howard and Don Trawin

The start and development of biological life on Earth and of man's appearance on this planet are naturally of interest to all of us. Such evidence as can be found and the literary and historical accounts are open to many interpretations. Unfortunately, the concepts held tend to be polarized. At one extreme are the atheistic evolutionists who take the view that the basic, though intensely complicated, structures essential to life were merely the result of chance events happening over very long periods. Further developments are then attributed to the transmission of characteristics that appear haphazardly and prove to be beneficial to survival. This approach is in total conflict with the biblical view of creation, which insistently emphasizes that the universe and all that is in it are the work of a Creator who not only brought it into being but remains intimately involved in personal control.

The extreme materialist view is quite unacceptable to many eminent scientists. Sir Ernst Chain, for example, who received the Nobel prize for his work on penicillin, wrote in his book *Social Responsibility and the Scientist in Modern Western Society*: "The probability for such an event [i.e., the origin of DNA molecules by sheer chance] to have occurred is just too small to be seriously considered, given even a time period as long as that of the existence of life on earth. The assumption of directive forces in the origin and development of vital processes becomes a necessity in any kind of interpretation."

More recently, the mathematician Sir Fred Hoyle, in his 1982 Omni lecture delivered at the Royal Institution, London, emphasized the extreme improbability of the development of the complicated structures that form the basis of life happening by chance. He stated that the odds against this would be 1 plus such a fantastic number of zeros that it would require several months for a man working ten hours a day to write them down, and that they would exceed in number all the individual letters in all of Shakespeare's plays. Yet materialist evolution is taught and accepted as if it were a tenable hypothesis.

Alan Hayward, in his lucid and thoughtful book *God Is*, lists fascinating examples of the highly developed mechanisms possessed by birds for flight, fishes for navigation and insects for protection, to mention but a few. As he emphasizes, these mechanisms could have been of no conceivable advantage from the standpoint of evolutionary survival until fully developed, so that it seems impossible to explain them without postulating some form of direction that implies a Director.

There is, of course, ample evidence that all living organisms, both plants and animals, let alone bacteria, modify their structure and behavior and adapt to new environments in which they have to survive. There can be no denial that survival of the fittest does operate, but it is not legitimate to extrapolate from the fact that certain transformations have been observed or can be legitimately inferred to the hypothesis that such mechanisms can alone account for the development of more and more complicated species.

At the opposite extreme in this debate are those who insist on a totally literal interpretation of the account of creation given in the early chapters of Genesis in the Authorized (King James) Version and allow God only a week for completing His work from the formation of the universe to the creation of man.

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This approach is diametrically opposed to the materialistic view, for it rightly recognizes the hand of God behind all life and development.

Might not the correct interpretation of the God-given account lie between these two extremes, but much nearer the second than the first? The Apostle Peter affirmed that one day with the Lord is as a thousand years and a thousand years as one day.[1] The meaning would be in no way altered had he said a million, or many million, years. God, after all, is outside time, and it is consequently ridiculous to impose on him temporal restrictions or to consider an event more likely to be performed by God if it happened suddenly than if it developed gradually.

It must, of course, be recognized that, unlike scientific textbooks primarily concerned with the question "How?" the Bible rather deals with the more fundamental questions "Who?" and "Why?"

Throughout the Bible spiritual truths are often presented in allegorical or metaphorical form, familiar words being used to portray spiritual truths. C. S. Lewis emphasizes that the portrayal of spiritual truth must almost inevitably be allegorical, because only language and metaphors belonging to a time and space existence are available to attempt to communicate truths and concepts in the spiritual realm.

Dr. Denis Burkitt, Man of Fiber

by Cory SerVaas, M.D.

I hadn't been out of medical school very long when a mutual friend brought Dr. Denis Burkitt to my office one day for lunch. I sat enraptured as he told me of many things we had never been exposed to in school. If fiber did all the things he claimed it would do, why were gastroenterologists still prescribing low-residue diets for their diverticulosis patients, I wondered. "They treat them with what caused the condition in the first place," Dr. Burkitt assured me.

I wrote the entire interview for the *Post* but didn't have the courage to put my name on it when published. Now almost ten years later, I must apologize to Dr. Burkitt for my lack of faith. I have rejoiced to see his theories being proven one by one. He has become my cultural hero.

His writings on religion that appear on these pages will have more meaning for you if you put his faith into perspective with his tremendous accomplishments for mankind.

Our readers have heard many times of our admiration for Dr. Burkitt and his early and continuing crusade to encourage people to eat more fiber. But many of you may not know the drama of his discovery of Burkitt's lymphoma and his success in curing a large percentage of these cancers without surgery.

Dr. Burkitt, a practicing Christian, believed it was his mission to help the less fortunate. He trained as a surgeon and went to work in East Africa, convinced that it was God's will that he go there. He discovered young African children suffering from malignant tumors on their jaws. These children's tumors were unusual, being bilateral and sometimes two on each side of the

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Thus, when we refer to the efficacy of "the blood of Christ"[2] to remove the guilt of our sins, we are not considering plasma, cells and antibodies, which is the literal interpretation of blood. Nor was Christ referring to a wooden structure with hinges attached when he claimed to be the "door" through which we must pass to be saved.[3] When the psalmist referred to the Lord as a "rock," he meant the characteristics of a rock, not a literal lump of granite.

Thus we accept that analogy is a common means of communicating truth. Moreover, all agree that truths can only be communicated through language and metaphor familiar to and understood by the recipient. Also, a father uses different words to tell a truth to his son when he is 3 than when he is 15.

There is an inconsistency inherent in the approach of many Christians who freely accept that in the last book of the Bible the Holy Spirit, in

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order to portray events in the future far beyond man's limited understanding, should employ pictorial allegory. They are, however, horrified by the suggestion that the same Holy Spirit might use a similar approach when conveying, in the first book of the Bible, truths of the distant past equally outside the reach of man's understanding.

The "how" of creation is not of fundamental importance. The basic truths are that God existed before all matter; that life was initially created by him; and that planned thought and design are behind the process of creation. The time factor is, in a sense, irrelevant. Man is fundamentally a spiritual being, temporarily resident in, intimately interwoven with and manifesting himself through a biological framework.

This framework was variously referred to by St. Paul as a "tent"[4] and "jars of clay,"[5] or as "the outward" in contrast to "inward"[6] man. The making of man in God's image cannot have referred to his physical and mental attributes: "God is spirit."[7] Man by spirit can respond to his heavenly Father. Hence the very next verse after the account of the creation of man in Genesis plainly states, "God spoke to him,"[8] and throughout Scripture we find God speaking, endeavoring to communicate to individual men and women.

What an incredible thought it is that God seeks and even needs men with whom He can communicate. Christ, who was God, craved for the fellowship of His disciples in Gethsemane; they were sleeping while He longed for them to be sharing with Him.

The Christian's concept of man is "suprabiological" and not dependent on anatomical or biological characteristics. Archaeological discovery of remnants of creatures structurally resembling "Homo sapiens" can in no way determine whether these creatures were "man" in the biblical sense.

Problems regarding evolution fall into their proper order once it is realized that man is fundamentally a spiritual being; the spiritual content that is temporally housed in a biological carton.

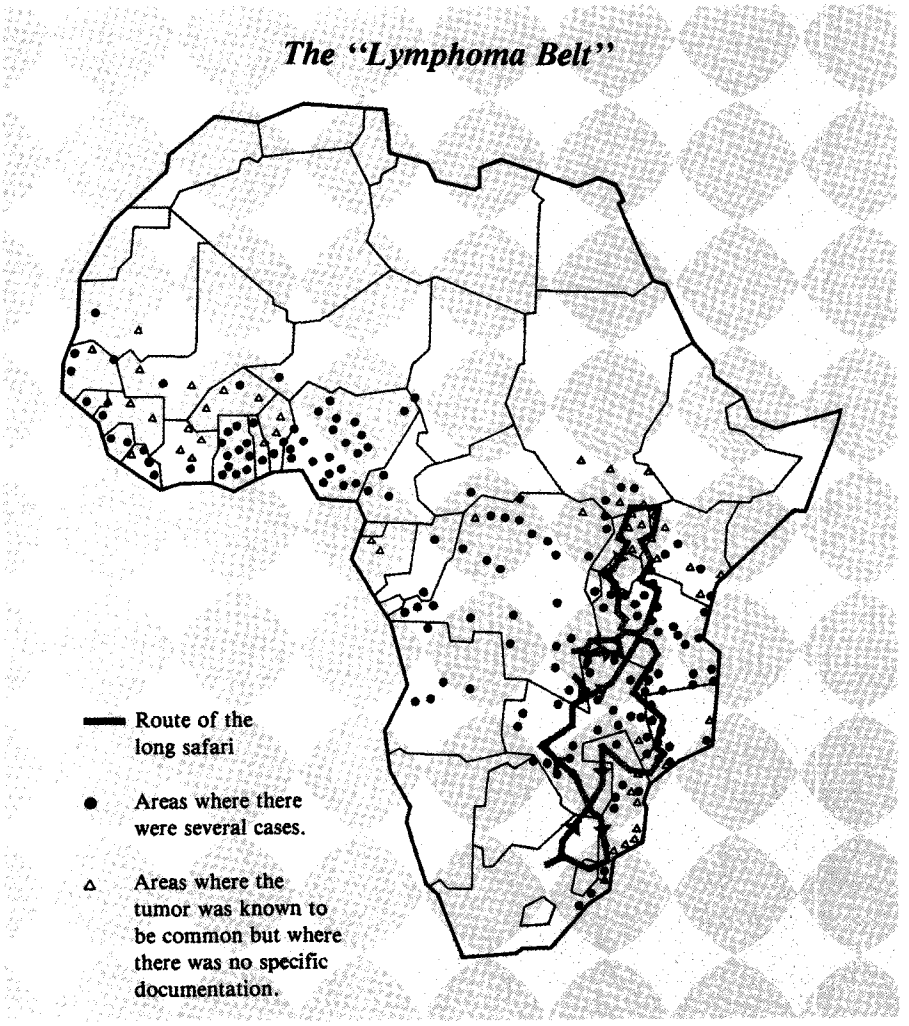
These initial comments have been made to help those who are convinced of the creative activity of God behind and within all of what we call nature, but who have difficulty in accepting a literal interpretation of the creation narrative as found in Genesis.

Our origin, created by God for fellowship with Him, is the truth which ultimately matters. How this occurred is a mystery, probably beyond our means of ever finding out. It is of far greater importance to each of us to look forward and do all we can to ensure the desired destination of the content than to look back and speculate on the origins and development of the carton. Preventive maintenance of the carton is, I am convinced, of more importance than its repair, but I regret that my lectures and publications stressing this point must often have given the impression that this was an adequate goal in life. The eternal destiny of the content is of inestimably greater import than the temporary welfare of the carton.

A simple illustration may help us to allocate our priorities more wisely during our time on earth. Let us imagine life as a journey by train to an airport at which all passengers disembark. No luggage can be taken any farther, and passengers with onward air-bookings proceed to the departure lounge and await their onward flight to a delightful and desirable destination.

Arrival at the airport is a junction on the journey, not a terminus, and it represents biological death.

The coaches composing the train are of various classes, representing the outward circumstances, financial or otherwise, that surround the passengers during their earthly life. They are subdivided into compartments, some luxuriously furnished


The "Lymphoma Belt"
Route of the long safari
Areas where there were several cases.
Areas where the tumor was known to be common but where there was no specific documentation.

In a used car and with a slight budget spent mostly for printing questionnaires, Dr. Burkitt's safari produced a monumental cancer breakthrough. His findings exploded like a bombshell in scientific circles. There could be no mistaking the significance of Burkitt's tumor. If a virus seemed to be involved in this form of human lymphoma, a virus might be involved in some forms of human leukemia. Hope for a vaccine was spurred.

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and the others sparsely equipped. The quality of a compartment represents the health or illness experienced by the passenger, and he himself as a person represents what St. Paul refers to as "inward man," as distinct from "the outward man" (the compartment); the content and the carton, to repeat the analogy that is used above.

Onward air tickets are expensive but paid for. They are being offered free of charge, but on certain conditions, to each passenger on the train. They represent the invitations to the feast that were offered freely, though the feast was costly to prepare.[9] That parable, given to us by Jesus Christ, portrays God's gracious welcome into His family and the home prepared for those who accept His offer of life. In the story, the self-satisfied and self-opinionated were too engrossed in the affairs of this world to give time and serious consideration to the King's invitation. Likewise, many wealthier passengers and those sound in body lightheartedly reject the offered onward booking. Their spiritual well-being has already been bartered for some tangible though temporal material gain, like Esau, who gave away his birthright for a bowl of food.[10]

Other passengers, many in more austere compartments—though in total regrettably few, like the poor and maimed in the parable—receive the onward ticket with gratitude. In fact, it becomes their most treasured possession.

Those possessing air bookings peruse the itinerary of their onward journey with joyful anticipation, while their companions are utterly preoccupied with the day's menus and the lists of amusements and amenities provided to satisfy their daily interests.

Mingling with the passengers are a few people equipped with simple tools and oil cans, whose duty it is to ensure the maintenance of the compartments in order to forestall breakdown of equipment. They represent those engaged in preventive medicine, forestalling disease rather than rescuing casualties. In addition there are those with much more costly and elaborate equipment who endeavor with varying measures of success to repair breakdowns of equipment, furniture, heating or lighting. Quite evidently the importance and effectiveness of maintenance, representing preventive medicine, far outweigh those of the repair gang, those engaged solely in therapeutic medicine, though both are necessary and they complement one another.

The old Mulago Hospital in Kampala, Uganda, where the author first discovered Burkitt's lymphoma, a cancer that was subsequently found to contain the Epstein-Barr herpes-like virus. Because radiotherapy was unavailable at Mulago, Dr. Burkitt serendipitously discovered better cures for this tumor by using less chemotherapy and no radiation.

Some maintainers and repairers carry onward air tickets additional to their own, which they endeavor to persuade passengers to accept. They realize that all their repair efforts, however efficient, only improve circumstances for the first part of the journey. One of the strangest things of all is that many of those in the less favorable portions of the train, even though possessing onward bookings, are ostensibly jealous of those in better carriages but without onward tickets.

After disembarkment from the train at the airport, all luggage is left behind and all passengers booked through to their final destination are admitted to the departure lounge, joyful and confident in delighted anticipation. By then the class or other circumstances experienced on the train are a past irrelevance, and the thought of harboring jealousy toward even the most comfortable of passengers booked only to the airport must seem ridiculous.

Those who had been totally preoccupied with the pleasures and interests of their train journey to the exclusion of what lay beyond the junction are despondent, because they have deliberately rejected what they now recognize to far exceed in value all that they had previously prized.

The attitudes and priorities of travelers in contrasting circumstances are graphically portrayed in another of Christ's accounts, that of the rich man and Lazarus.[11] Lazarus, the beggar, traveled in a poor compartment, second class, but gratefully clutched his onward booking. His wealthy neighbor, the rich man, traveled in utmost luxury, but with no onward reservation. Too late he recognized and acknowledged his tragic mistake in the totally wrong choice of his priorities. We are all on a journey, as St. Paul puts it, some "on their way to salvation," others "on their way to ruin."[12]

If we opt with Pascal for life beyond the grave, the only thing that ultimately matters, that is of supreme importance, is not where we come from or the class by which we travel, but the possession of an onward booking, provided at great cost but offered free, the invitation to the King's feast.

At a recent press interview in connection with a book I had written on dietary measures for maintaining health, I was asked what my ambition was for the future. I tried to explain that my task was an attempt to maintain the facilities in the train, but I would much rather direct passengers to the onward booking office. This is the purpose of what I write here.

As I was preparing the first edition of this article, a letter written by an African Christian woman arrived from Uganda. It contained news of a dear friend who had for many years been a most faithful chaplain in Mulago Hospital in Kampala. When we parted at our last meeting, he asked me to pray before I entered my car and suggested that our next meeting would be in heaven. I thought then that his train was approaching the airport, but there was more left of his earthly journey than I had expected. The letter then received indicated that his train was nearing the airport. In

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UNITED METHODISTS: FREEDOM & GRACE

Acclaimed as one of our most democratic churches, Methodists this year are celebrating 200 years of growing up with America.

by Newman Cryer

The huge arena of the Baltimore Civic Center will be filled on May 6 when United Methodists from all over the country—an expected 24,000 of them—will assemble for Festival 200, a celebration of the bicentennial of Methodism in America.

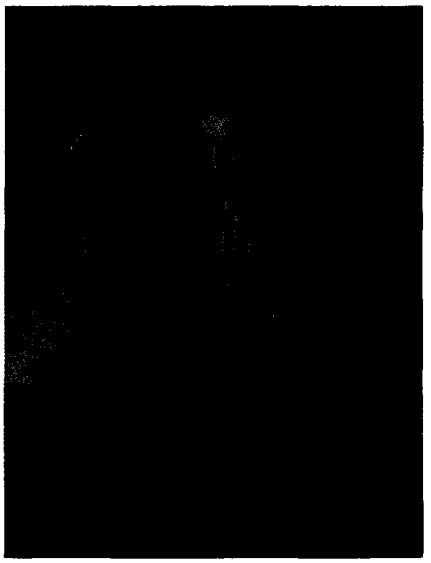
Two hundred years ago, 60 circuit-riding preachers gathered together on Christmas Eve in a small meetinghouse on Lovely Lane, just a few blocks away near the harbor of old Baltimore, to organize the Methodist Episcopal (ME) Church. From meetinghouse to civic center, from a few thousand members to 9.4 million in the United States alone, the United Methodist Church has grown by leaps and bounds. More than 40 U.S. denominations today trace their beginnings to that now famous Christmas conference.

At the time of its founding just after the Revolutionary War, Methodism was well known—notoriously well known, in fact, after its founder, John Wesley, an Anglican priest of London, reissued under his own name a tract titled, "A Calm Address to Our American Colonies." It counseled against rebellion and encouraged loyalty to the English crown. Methodist preachers in America became instantly unpopular, suspected of being Tory sympathizers. They were harassed and often beaten as they rode along their circuits. Most returned to England, and many like Francis Asbury, who stayed behind, were forced to hide out in farmhouse attics until things cooled off.

Although most anybody would recognize the United Methodist Church as one of the largest mainline Protestant denominations in the United States today, many would be hard pressed to describe just who United Methodists are, what they believe and what they do. Even members suffer from a kind of "identity crisis." One of the stated purposes of all the bicentennial events planned for 1984 is to instill a sense of pride among United Methodists themselves and create a positive public image for the church.

Some say with derision and some say with pride that Methodism is "the most American of the American churches." It was the first Christian denomination to be organized in America. Obviously John Wesley wasn't happy about the outcome of the Revolutionary War, and he never intended to establish a church separate from the Church of England. But he was a practical man. Ties between the crown and the colonies were severed, and the Methodist movement in America was adrift. So Wesley took it upon himself, as a last resort, to ordain Thomas Coke and send him to America with authority to ordain Francis Asbury, among others. Coke and Asbury were to be "general superintendents." By now well-acquainted with the democratic spirit of his adopted homeland, Asbury insisted on getting the vote of the ministers at the Christmas conference before being consecrated as bishop.

It's no accident that America and Methodism grew up together. In the wake of its horseback-riding ministers, the church was able to keep pace with the country's westward expansion. It carved out



John Wesley's religious study group, formed in 1729, was derisively called the "Methodists" because of the emphasis placed on methodical study and devotion.

circuits, formed annual conferences and established colleges, usually before a territory reached statehood.

Accounts of frontier preaching read more like a grade-B Western, for instance this letter from Charlie Russell to "Brother Van": "The

The Christmas Eve consecration of Francis Asbury in 1784 included his friend Philip William Otterbein, one of the founders of the Evangelical United Brethren Church, which united with the Methodists in 1968.

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The painting *Offer Them Christ* was inspired by Wesley's farewell to the Thomas Coke expedition as it left England to establish a church in America.

eavning [sic] you came there was a mixture of bullwhackers, hunters and prospectors who welcomed you with . . . hand shaks and rough but friendly greetings. I was the only stranger to you, so after Bab interduced Kid Russell he took me to one side and whispered, Boy, says he, I dont savy maney sam singers, but Brother Van deels square. And when we all sat down to our elk meet, beens, coffee and dryed apples under the rays of a bacon grease light, these men who knew little of law and one among them I knew wore notches on his gun, men who had not prayed since they nelt at their mothers knee, bowed there heads while you, Brother Van, gave thanks; and when you finished some one said Amen."

The United Methodists have one of the strongest overseas-missions programs of any mainline Protestant church. Its Board of Global Ministries works as a partner with indigenous national organizations to provide needed services.

Embracing the democratic spirit of its new home, Methodist church structure was set up according to the model of the U.S. government. It is a representative democracy, made up of a series of 73 annual conferences, each of which represents both a geographical area and a yearly assembly. The general conference, the denomination's top legislative assembly, meets every four years. A council of bishops makes up the denomination's executive branch, and a judicial council of nine elected persons interprets the church's constitution. A book of discipline, subject to changes by the general conference, provides the guidelines for the entire denomination.

For some, democracy in church

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government was too slow in coming in those early days. Dissatisfied with the exercise of episcopal authority and the lack of lay representation in the conferences, a few leaders withdrew from the ME Church in 1830 to form the Methodist Protestant Church. Nicholas Snethen was elected president at its 1834 general conference.

Records of the earliest Methodist societies in America show that they included black members. The most famous preacher of that time was Harry Hosier, a freed slave who traveled with Asbury in the 1780s.

Slavery was as devastating to the church as it was to the entire nation. John Wesley had staunchly opposed slavery, and the earliest Methodist disciplines followed his lead. But as the young church became more American and less Wesleyan, the rules against owning slaves were relaxed.

Still, there were Methodists on both sides of the issue. Some, like Luther Lee, were strong abolitionists. Lee spoke often and eloquently at meetings of the Wesleyan Anti-Slavery Society and often risked harassment at the hands of mobs under the influence of "king alcohol." On one such occasion, he was shot between the eyes by a squirt gun loaded with whisky and lampblack. Undaunted, he said, "I finished my discourse, for I found that I could talk with a black face just as well as with a white one."

United Methodist Dr. Arthur Flemming, president of the National Council on the Aging, makes a statement for the bicentennial film *From the Word Go.*

The northern and southern factions of the church tugged at each other for years. Push came to shove when a Methodist bishop from Georgia inherited slaves through his wife. General-conference delegates with antislavery sentiments were outraged. They insisted he free the slaves or resign. His home state, however, prohibited manumission. All efforts at compromise finally broke down, and in 1844 the ME Church North and the ME Church South went their separate ways, just a few years before the outbreak of the Civil War.

The wounds brought on by the schism between the northern and southern churches took a long time to heal. After years of negotiation, three major branches of Methodism—the ME churches north and south and the Methodist Protestants—met in 1939 and formed the Methodist Church.

Today the United Methodist Church, its black membership estimated at more than 360,000, has more black bishops and other elected and appointed leaders than ever. But the church, like the nation, continues to struggle with racial inclusiveness.

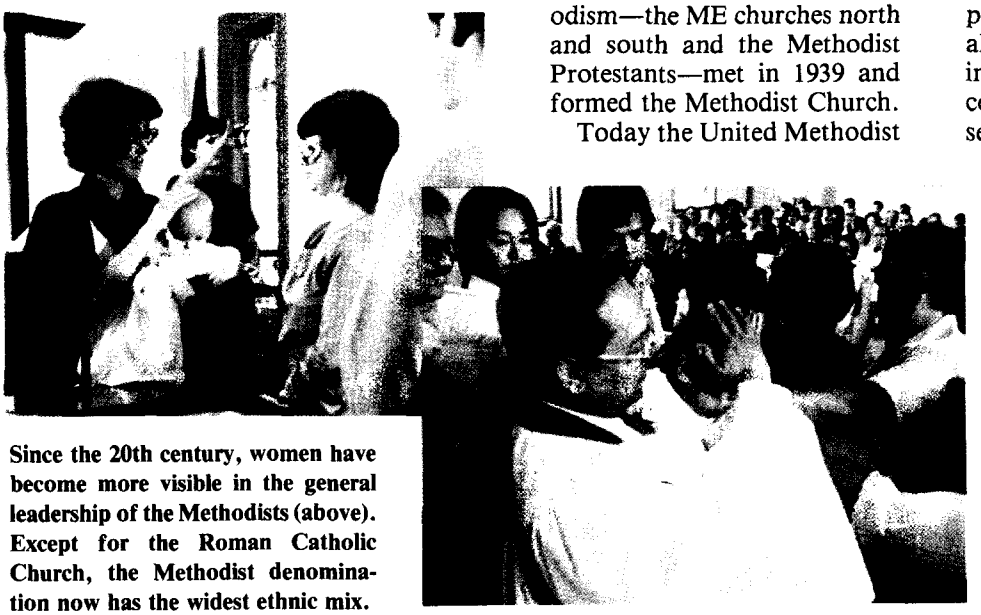
"We represent the greatest cross-section of American life of any denomination," says the Rev. William K. Quick, senior minister of Detroit's Metropolitan United Methodist Church and a member of the bicentennial committee. "We are the most broadly based, with churches in all but 133 of the nation's more than 3,200 counties, with the greatest ethnic mix other than the Roman Catholic Church." In addition to its strong black membership, the denomination today includes 40,000 Pacific/Asian-Americans, 40,000 Hispanic-Americans and 18,000 Native American Indians.

From its early days, Methodists have taken forthright positions on controversial issues involving Christian principles. "There is hardly any cause in which Methodists have not had an active role," says Robert Lear, director of the United Methodist News Service Washington, D.C., office.

Today's social principles deal with family life, the economy, human rights, labor, Indian treaty rights, sexuality, nuclear disarmament, military service, alcohol and drug abuse and many other matters.

Women have played an integral part in Methodism's history all along, but they haven't been visible in general leadership until the 20th century. Women like Madame Russell, sister of the American statesman Patrick Henry, gave of their time and material resources to establish and strengthen Methodism on the frontier. They taught Scripture, held class meetings, raised money and provided room and board for the circuit preacher making his rounds.

Women also acquired a strong role in Methodism's mission program when the Woman's Foreign Missionary Society was founded in 1869. The women's division now raises in excess of $17 million annually



Since the 20th century, women have become more visible in the general leadership of the Methodists (above). Except for the Roman Catholic Church, the Methodist denomination now has the widest ethnic mix.

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for mission work around the world, and its 1982 assembly in Philadelphia drew more than 10,000 people.

In 1906, the first woman was seated at a general conference—belatedly, but still nearly 15 years before women were given the right to vote as U.S. citizens. Now some 1,400 women serve as ministers in the denomination. At the 1984 general conference in Baltimore, a woman bishop, Marjorie Matthews of Wisconsin, will be present for the first time in history.

In its early days, Methodism was by definition a missionary movement. John Wesley said, "The world is my parish." The establishment of a special missionary department came later and was inspired by the work of the black lay preacher, John Stewart, among the Wyandot Indians.

Today the stereotype of the white missionary in a pith helmet surrounded by scantily clad "heathens" no longer applies. From being a small missionary movement, Methodism has become a worldwide church with all members sharing equally in the tasks of evangelism, education, feeding the hungry and caring for the sick. Today's emphasis is not so much on an ever increasing number of missionaries, but on helping churches started by earlier missionaries to become self-sustaining partners in mission. It's just as likely today for Korea to send missionaries to the United States as the other way around.

As part of its mission, the church maintains relationships with 367 retirement homes and long-term-care facilities and 65 child-care facilities. It also has a strong educational program and broad publishing interests.

One of the earliest acts of organized Methodists was to open Cokesbury College in 1787 in Abingdon, Virginia. The institution lasted seven years until, plagued with misfortune, it was moved and then destroyed by fire. As part of its educational concern today, the church supports eight universities (including Southern Methodist and Boston), 80 four-year colleges and 13 theological seminaries to train ministers.

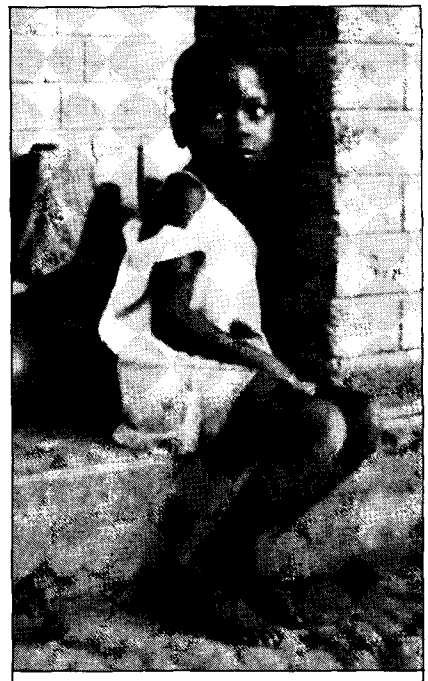
Established in 1789 in Philadelphia, the church's publishing house today is its largest agency, having 1,450 employees and 45 retail outlets and mail-order centers in 23 states. A self-supporting body with a gross income of $65 million a year, a portion of its net income is dedicated to ministers' pensions.

United Methodist involvements spread across the whole range of human endeavor, and the programs and institutions meet an equally broad range of human needs. Considering its cultural, ethnic, political and social diversity, it's no wonder the United Methodist Church sometimes seems amorphous. But if its "identity crisis" has been a hindrance in recent years, it could easily become its greatest strength—if United Methodists are ready to claim their future as well as their past in their bicentennial year.

The comments of United Methodists themselves may give a clue to the church's future opportunities. New members, especially, often talk about a sense of openness, of acceptance, the feeling there are no stringent doctrines to keep people out, but a strong belief in the inclusive power of God's love. John Wesley gave the world, through Methodism, an interpretation of Scripture that still offers soothing words to some contemporary hurts. In an age of uncertainty, Wesleyan theology offers assurance. Out of his own heart-warming religious experience, Wesley was convinced that God's gracious gift of salvation is available to everyone and cannot be taken away.

Without any formal creed, the church asks new members to confess Jesus Christ as Savior and Lord and to promise, "according to the faith given you," to live a Christian life. Allowances are made for differences in the interpretation of Scripture. United Methodists use the "Wesleyan quadrilateral" as a guideline, which describes four sources for Christian belief: Scripture, tradition, experience and reason. Above all else, Wesley believed that the true essence of religion is not to be found in correct theology, but in purity of heart. Perhaps most encouraging to a fragmented, contentious world are his words: "If thy heart is as my heart, give me thy hand."

Methodists across the country are using the momentum of the bicentennial to address needs they see in the church today. They are "claiming the past, celebrating the present" and will go into 1985 "challenging the future."



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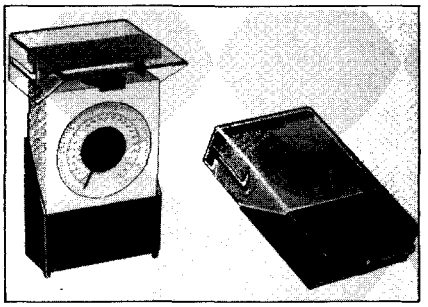

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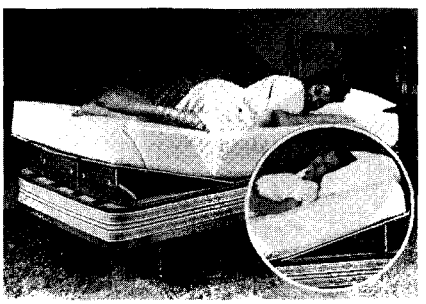

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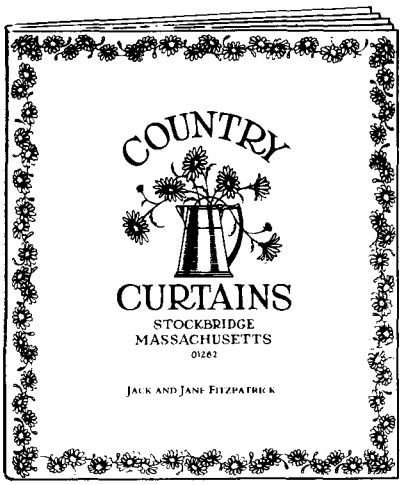

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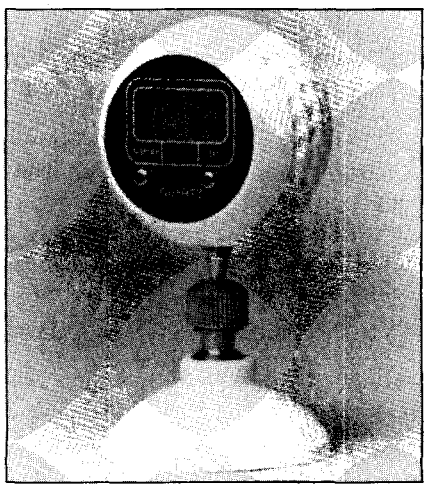

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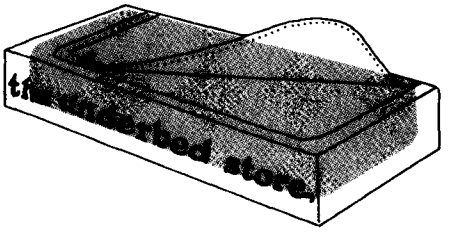

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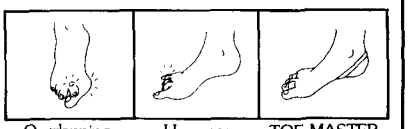

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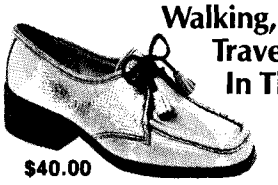

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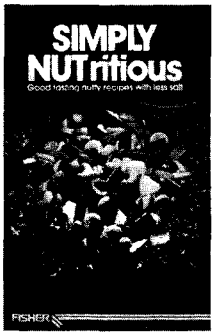

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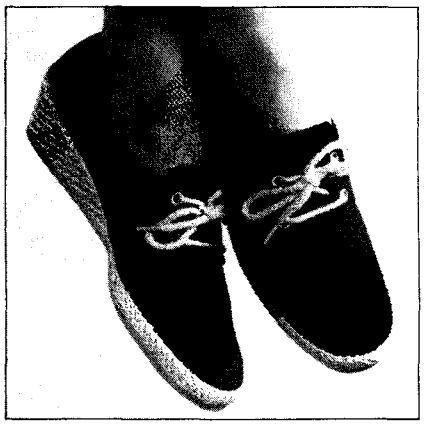

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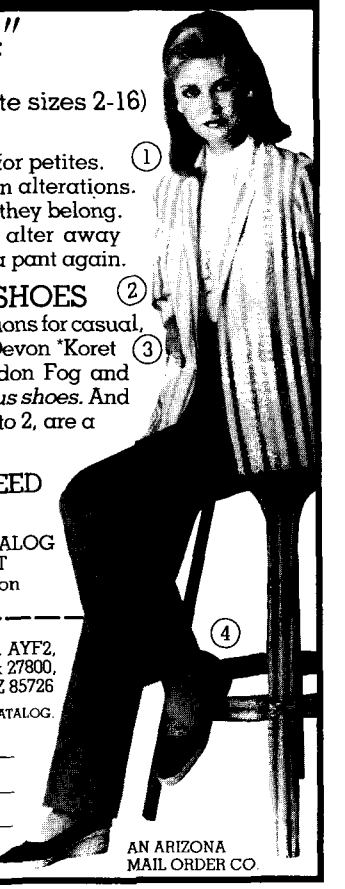

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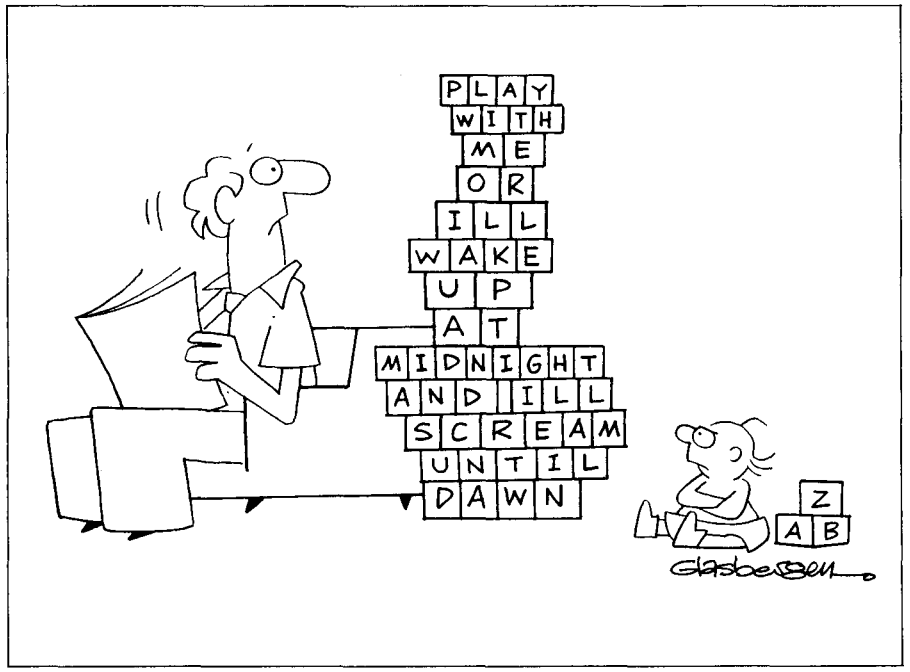

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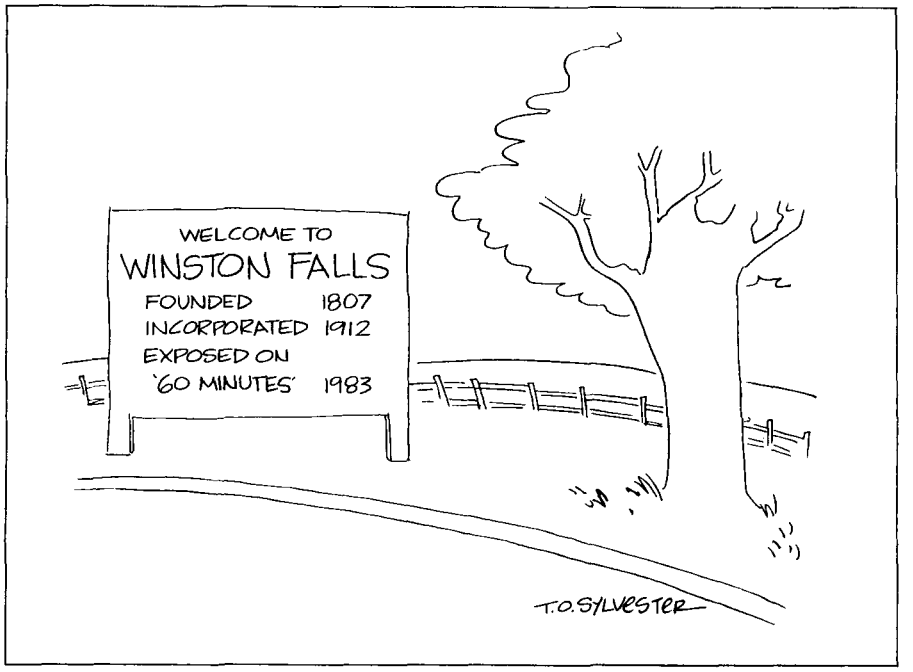

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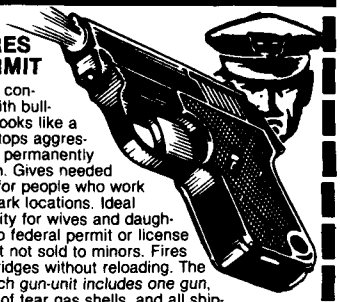

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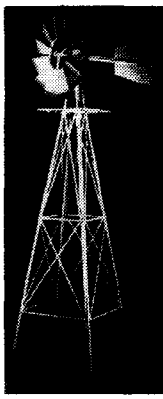

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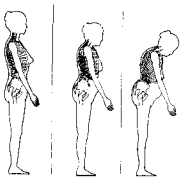

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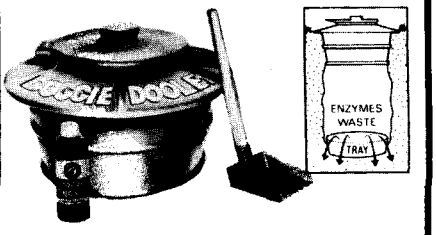

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Hearing Tests

continued from page 43

and throat doctor. The doctor then should do a thorough examination and, in addition, should measure the hearing with a hearing test. Most of the time this is done by an audiologist, who is a specialist in hearing testing."

We asked Dr. Tubergen about the common antibiotics being used for ear infections.

"Most of the time the ear infections will clear up on the penicillin or one of the synthetic penicillins, such as ampicillin. There are some newer drugs that we use in the very refractory cases, but this is not common."

The use of decongestants being controversial, we asked his views about this.

"Well, theoretically it makes a lot of sense to use decongestants," he responded. "Theoretically, decongestants reduce the swelling of the lining of the Eustachian tube and allow it to work. Practically, and in clinical studies, they have no good effect. This has been confirmed through studies by pediatricians as well as ear, nose and throat physicians. So my own personal experience is that I restrict use of decongestants to children that may have nasal problems rather than ear problems. It does not have any significant effect on ear infections or fluid in the ear."

As a precaution, Dr. Tubergen suggests that parents and children never use Q-tips® to clean ears. In his experience attempts by individuals to clean ears using cotton swabs is the most common cause of traumatic eardrum perforation. Such punctures have been known to produce permanent damage to the little bones of hearing in the middle ear.

If your school doesn't have a hearing test program, you might want to correct this omission. Most ENT specialists see several children each year who are referred because of failing the school hearing test, and they consider this a very important part of the school system.

"It's not a definitive test; in many cases the children coming in who have failed the school test actually have normal hearing; if a child passes the school hearing test, you can feel quite certain that the child hears normally," said Dr. Tubergen.

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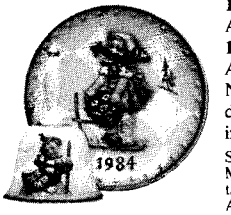

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Book Review

MAKING HOUSE CALLS

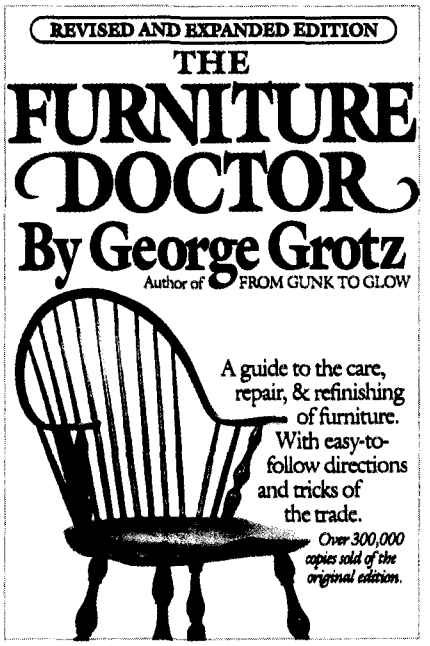
Twenty years after publishing what has become just about the best-known book on furniture refinishing, "Doctor" Grotz has decided to "refinish" the book itself.

by Michael Allen

"When my publisher told me it was time to revise this book, I sat down and read it over," says author George Grotz, "and I'll be darned if it didn't all sound pretty interesting and reasonable." For a fellow who was just a 40-year-old when he wrote it, Grotz adds, "I sure was smart."

But now, after 20 years, this Madison Avenue dropout, who left advertising to enter the "strange but happy world of people who are always fussing around with their furniture," has updated *The Furniture Doctor* with the latest prices—"Boy, we sure have had a lot of inflation in the last 20 years"—and even some admissions that in the first edition he was wrong about a few things. "To give you your money's worth," he says, he has written a new little section on the modern finishes and "almost a whole other book about using tools you'll need in restoring and refinishing furniture."

The name Grotz may not be a household word, but it is as familiar as Chippendale and Hepplewhite to members of that broad American subculture for whom antique collecting is a second religion. Calloused by hands-on experience and armed with delightful anecdotes from the refinishing shop of his "infamous Uncle George" (to whom the book is dedicated), Grotz has written an even dozen books on antique furniture, including the classic *From Gunk to Glow*. Of them all, however, *The Furniture Doctor* remains best known. It is a handy reference as well as a good read on antique furniture, its identification, acquisition, restoration and repair. More than 300,000 readers have already testified that this book is just what the doctor ordered. The "second opinion," updated and revised, is destined to be at least as popular.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By George Grotz
Author of FROM GUNK TO GLOW
A guide to the care, repair, & refinishing of furniture. With easy-to-follow directions and tricks of the trade.
Over 300,000 copies sold of the original edition.

***The Furniture Doctor*, by George Grotz (366 pages, $14.95), Doubleday & Company, Inc., New York, 1983, revised and expanded from the first edition, 1962.**

As a practitioner, Grotz resembles more a wise, old country doctor than some multi-degreed specialist. From his bag of 18 readable chapters, he pulls out case after case of simple home remedies for sick furniture, remedies that may spare readers some big doctor bills.

"Why buy clamps," he writes in the section on "Easy-to-Make Repairs," when you can make your own from a few blocks of wood? To glue on the amputated legs of a chair, use a rope and a stick, a kind of makeshift tourniquet to hold things together. Simple illustrations show how to perform the operation.

How do you straighten a warped board? Easy. Lay it concave side down on wet grass for a few hours under a hot sun. Or concave side up on a steam radiator, weighted with a heavy rock.

As for putting things back together, Grotz has definite ideas. "No nails! No nails!" he wails, ". . .the only way to hold furniture together is with glue. Also, you can't use screws, angle irons or metal plates," he adds. "That way lies, if not madness, at least the town dump. No fastening device made of metal is ever one-tenth as good a joint as wood glued to wood."

Grotz is only too happy to lance long-festering misconceptions about antique styles. In his chapter "Furniture Periods—Exposed at Last!" subtitled "Please, Mr. Chippendale, couldn't you slice the baloney just a little bit thinner?" he points out that we Americans, for all our intelligence, "for some reason . . . still cling to our inferiority complex about European furniture of the 1700s—most of which is preten-

Feeling that Madison Avenue had enough geniuses, George Grotz turned his talents to books on antique restoration.

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tious, some of which is vulgar, and all of which is effete."

He has also developed a sixth sense for sniffing out fake antiques. He elaborates in a section subheaded "A shameful guide to some nefarious practices that I am sure no reader of this book would ever stoop to using." And the reason there aren't as many fake antiques in American as in European furniture is only because American antiques haven't been around as long. "We are doing our efficient American best, however," he writes, "to catch up as fast as possible."

Almost self-defeatingly, Grotz then goes on to explain the techniques for faking antiques. These include everything from weathering and creating fake worm holes to spattering and veneer removal. "Probably a quarter of the supposedly Colonial pine chests for sale in antique shops today," he writes, "began their lives as veneered Victorian pieces."

In his own unique way, Grotz brings us up-to-date on which tools of the trade are good and bad. While heaping praise on his good old Sears, Roebuck belt sander (with advice not to put the belt in backward or use it on real antique tables of pre-Victorian vintage), he has nothing but contempt for orbital sanders. The orbital sander "makes a great gift—for someone you hate," as he puts it. He conjectures that the man who invented the orbital sander "must have been a fiend with an insane hatred of people who like to fool around with wood and finish it so that you can see deep into the grain where Mother Nature gleams and glows in the candlelight. Without any nasty little semicircular scratches to ruin the view, that is! For little round scratches are what orbital sanders are all about."

About Victorian furniture, he would have us know that it was always "more a state of mind than a style." And that more of it was made in the United States than in England. Colonial furniture, on the other hand, he finds most appealing. "It had what artists call 'functional design,' " he writes, explaining that if something is made from a purely practical point of view, it will be beautiful. "The tavern table, the sawbuck table, the hutch cabinet, the settle chair, the Windsor chair —all were built to do a job," he says, "and do it well."

Even as "Doctor" Grotz believes that furniture should be held together with glue, so does he obviously believe in holding the 353 pages of *The Furniture Doctor* together with continual applications of humor.

If the book has one flaw, like the book the little girl borrowed from the library that told her more about penguins than she wanted to know, it may inspire you to try so many things that you won't know where to begin. But wherever you start, here you'll find the answers to everything you've always wanted to know about refinishing furniture but were afraid to ask for fear of appearing stupid.

As for any fear of your copy of *The Furniture Doctor* soon being outdated by still another revision, forget it. Unless you become interested in how to refinish furniture in outer space. That's the only thing missing.

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FOOD

PUT PUNCH IN YOUR LUNCH

If lunch has become routine around your house, these zesty recipes will turn the midday meal into a gourmet feast.

by Allen Simon

Lunch comes but once a day. "Thank goodness," you'll say, if you're one of those overworked homemakers for whom lunch is a daily showdown at high noon. Whether lunch is made to be eaten from a bag at school or at work, or to satisfy the hungries of a noontime gathering of friends, the midday meal can pose problems an Einstein couldn't solve. What can you put together in half an hour that can be consumed in 15 minutes, will be different every day and can carry the diners through the long haul until supper?

In our search for some tasty solutions to these problems, we've discovered some winners. A good place to start is with bread. If your family is tiring of the same old sandwich combinations with white, whole wheat and rye, be more adventuresome and turn to pita, that delicious, unleavened-style bread from the Middle East that's so good when stuffed with a variety of hot or cold ingredients. Another discovery we're sure you'll enjoy is the chapatti, from India, a whole-wheat tortilla that can add a new look and taste to your noon meal.

If your regular lunch enthusiasts enjoy peanut butter, you may be able to tempt their tastebuds even further with some new peanut-butter ideas, which include peanut-butter soup, apples stuffed with peanut butter and a special pita, pineapple, pecan and peanut-butter combination we've dubbed Hawaiian Surprise.

For a formal luncheon you'll need some extra-handsome gourmet dishes designed to look and taste the part. We've included three that your guests will find delicious and quite different: a lasagne, a paella and a tuna patty. The first two can be prepared ahead of time and frozen. Since they aren't cooked until just before you serve them, they'll taste as fresh as if you had risen before dawn to prepare them, and the time saved will allow a last-minute clean-up before your guests arrive!

Tuna Patties

(Makes 4-6 servings)

2 cans tuna fish
1 onion, chopped
½ cup oat bran
½ cup rolled oats
¼ cup Fleischmann's Egg Beaters®

Drain water-packed tuna and put into mixing bowl. Add chopped onion, oat bran and rolled oats. Add Egg Beaters® and mix thoroughly. Let stand for five minutes to absorb all liquid. Form into patties and place in a flat baking pan. Bake for 30 minutes at 350° F. Remove from oven and turn with a spatula. Return to the oven and bake for an additional 30 minutes until golden brown. Serve hot with white sauce.

White Sauce

3 tablespoons corn starch
1 tablespoon corn-oil margarine
½ teaspoon salt substitute
¼ cup celery, finely diced
½ teaspoon paprika
½ teaspoon dried parsley
2 cups skim milk

Combine corn starch with milk. Heat margarine in saucepan until melted. Blend in milk mixture, celery and seasonings. Cook over low heat until thickened. Garnish with dill sprigs.

Turkey and Broccoli Stir Fry

(Makes 2 servings)

4 tablespoons of slivered almonds
2 teaspoons safflower oil
½ pound of turkey breast slices, cut into ½" strips
1 large Spanish onion, peeled, thinly sliced
1 clove garlic, minced
¾ cup of fat-skimmed chicken or turkey broth
¼ pound fresh mushrooms, sliced
½ pound fresh broccoli spears, sliced diagonally (or 1 10-ounce package frozen broccoli spears, sliced diagonally)
½ cup dry white wine
½ teaspoon cornstarch
2 tablespoons unsalted soy sauce

Heat wok or large nonstick skillet over high heat. Add 1 teaspoon of safflower oil. Spread almonds in wok. Shake wok gently to lightly brown almonds. Remove almonds and set aside. Add remaining teaspoon of safflower oil. Add turkey and sear quickly. Remove to a plate and set aside. Combine onion, garlic and ¼ cup broth in the wok over high heat. Cook and stir until broth evaporates and onions are browned lightly. Add the broccoli and wine. Stir in remaining ½ cup broth. Cook over medium heat, stirring occasionally, about four minutes. Add mushrooms, continue cooking until broccoli is tender crisp. Combine corn starch and soy sauce and stir into skillet until pan liquid simmers and thickens and vegetables are coated. Stir in turkey strips; cook, stirring until heated through. Sprinkle with almonds.

Spinach Lasagne

(Makes 4 servings)

2 large bunches fresh spinach or 2 packages (10 ounces each) frozen leaf spinach, thawed
2 tablespoons vegetable or corn oil
1 medium onion, chopped
2 cloves garlic, minced
2 cups canned or homemade tomato sauce
1 can (6 ounces) tomato paste

For an appetizing lunchtime alternative, throw your creativity along with fresh vegetables into making a stir fry, such as the turkey and broccoli dish (right).

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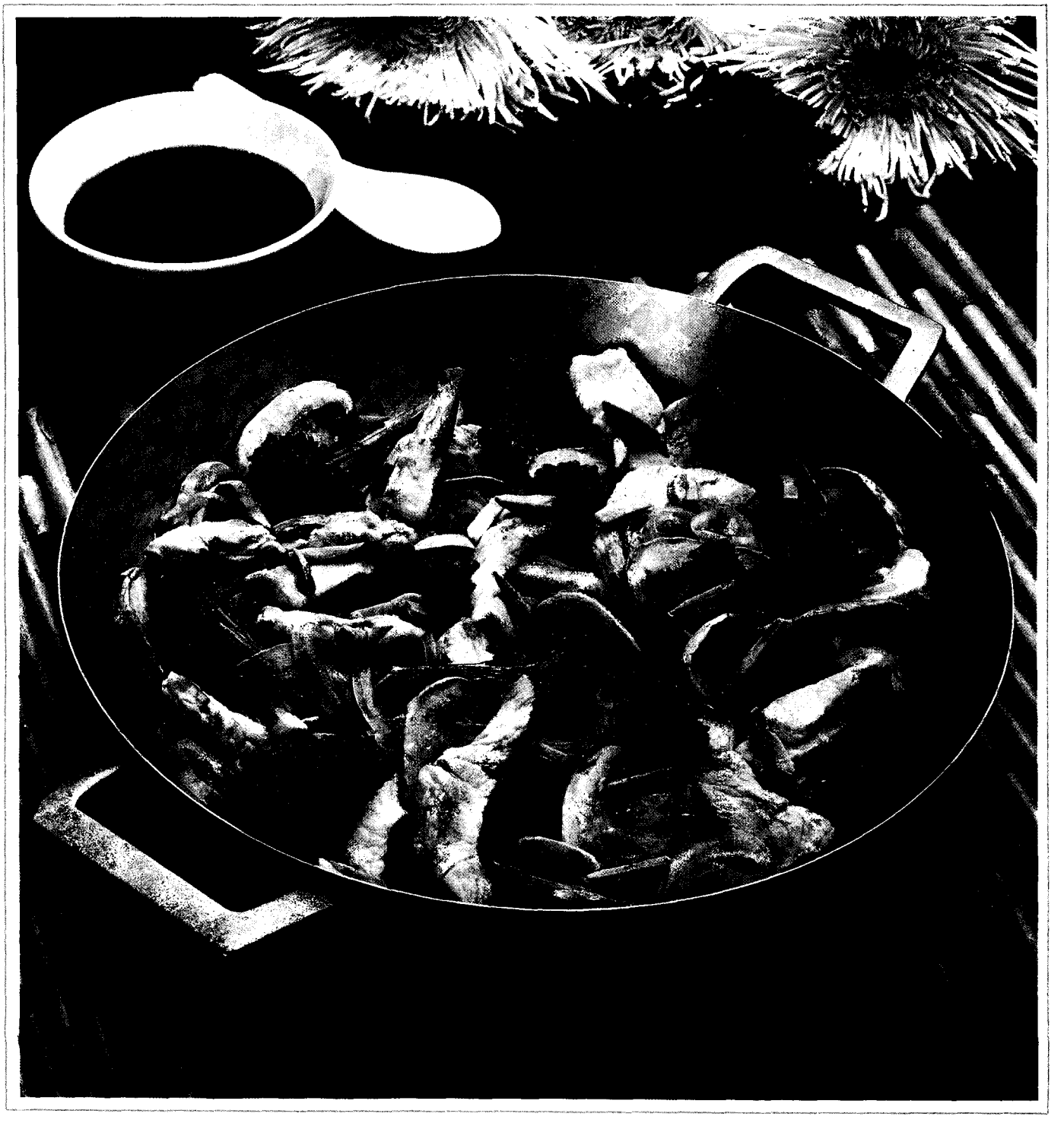
2 teaspoons fresh basil, chopped or 1 teaspoon dried
1¼ cups water
Pepper, freshly ground
2 cups small-curd cottage cheese
2 eggs, lightly beaten
10 lasagna noodles, cooked and drained
1 cup mozzarella cheese, shredded
1 cup Parmesan cheese, freshly grated

Preheat the oven to 350° F. If you are using fresh spinach, trim and wash it. Place the wet spinach in a saucepan, cover and cook just until soft; squeeze dry. Heat the oil in a 2½-quart casserole; add the onion and sauté until limp but not browned. Add the garlic and sauté for 2 minutes. Stir in the tomato sauce, tomato paste, basil and water. Season to taste with additional pepper and simmer for 20 minutes, stirring occasionally. Meanwhile, mix the cottage cheese and eggs; season with additional pepper. Arrange 5 of the cooked noodles to cover the bottom of a 13" x 9" x 1¾" baking dish. Spread the spinach, then the cottage cheese mixture over the noodles. Sprinkle with all the mozzarella cheese. Top with ½ the tomato sauce. Cover with the remaining noodles, then the remaining sauce. Sprinkle with the Parmesan cheese. Cover with foil and bake for 20-25 minutes.

Chapatties
(Makes 8 chapatties)

2 tablespoons oil
1½ cups whole-wheat flour



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1 teaspoon salt substitute
½-¾ cup water
Rub oil into the flour and salt substitute; add enough cold water to make a soft, breadlike dough. Divide into balls the size of a small egg. Roll out each to 8 inches in diameter. Bake on both sides on a hot griddle (or large skillet). Serve hot with margarine, honey or sandwich spreads.

Salmon-Vegetable Paella
(Makes 4 servings)

1 can (7¾ oz.) salmon
1 clove garlic, minced
¾ cup onion, chopped
½ cup celery, sliced
⅓ cup green onion, chopped
¼ pound mushrooms, sliced
¼ cup margarine
1 cup rice
2 cups chicken broth
¼ teaspoon each, salt substitute, thyme and marjoram
1 medium zucchini, sliced
1 cup frozen peas
Parmesan cheese, grated
Drain salmon, reserving liquid. Break salmon into chunks with a fork. Sauté garlic, onion, celery, green onion and mushrooms in margarine. Add rice, reserved salmon liquid, chicken broth and seasonings. Bring to a boil. Cover and cook over low heat 10 minutes. Add zucchini and peas and cook 10 minutes longer. Add salmon and heat 5 minutes. Sprinkle with grated Parmesan cheese.

Pocket Sandwiches
(Makes 6)

½ pound hot Italian sausage, sliced
1 onion, chopped
1 clove garlic, minced
1 cup mushrooms, sliced
1 cup green pepper, diced
½ cup celery, diced
Pepper
6 pita breads
1 cup Farmer cheese, shredded
Sauté sausage in large skillet until browned. Drain off all but 2 tablespoons fat and add onion, garlic, mushrooms, green pepper and celery. Sauté until vegetables are tender and sausage is done. Season to taste with pepper. Cut pita breads in halves crosswise. Open pockets and stuff with sausage filling. Sprinkle filling with cheese. Fit sandwiches snugly upright in baking pan and bake at 400° F. 10 minutes, or until cheese begins to melt. Serve at once. Note: Instead of sausage, you may use diced cooked chicken, turkey, shellfish or any leftover cooked meat. Then sauté in 2 tablespoons of oil instead of sausage fat.

Avocado Pocket Sandwiches
(Makes 4)

1 avocado, halved and peeled
½ cup cucumber, chopped
½ cup carrot, chopped
½ cup cauliflower, chopped
½ cup mushrooms, sliced
½ cup Farmer cheese, cubed
¼ cup bottled Italian dressing
4 pita breads
1 teaspoon lemon juice
½ cup tomato, chopped
Dice half the avocado. Reserve other half. Gently toss diced avocado, cucumber, carrot, cauliflower, mushrooms and cheese with Italian dressing. Slit pita breads and separate halfway around by pulling edges apart to form a pocket. Fill each with ¼ of the mixture. Mash remaining avocado with fork and stir in lemon juice and tomato. Spoon inside each sandwich.

Pocketbook Sandwiches
(Makes 4 sandwiches)

6 Morningstar Farms® Breakfast Links
½ cup onion, chopped
1 tablespoon polyunsaturated margarine
8-ounce can tomato sauce
½ teaspoon oregano

Guests for luncheon? Give them something delicious and different, a Salmon-Vegetable Paella that can be prepared to serve in about 40 minutes.

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⅛ teaspoon garlic powder
2 loaves pita bread
1 cup lettuce, shredded
½ cup tomato, chopped
½ cup alfalfa sprouts
Plain yogurt

Cook breakfast links as directed on package. Cut links in half crosswise. Cook onion in margarine until tender, not brown. Add tomato sauce, oregano and garlic powder. Simmer uncovered 10 minutes. Add breakfast links; keep warm. Heat bread as directed on package. Cut in half crosswise. Fill each bread pocket with equal amounts of lettuce, tomato and alfalfa sprouts. Add breakfast links and sauce. Serve with yogurt. If alfalfa sprouts are not available, increase the amount of chopped lettuce.

Falafel Sandwiches
(Makes 6)

½ cup dry split green peas
½ teaspoon salt substitute
1 teaspoon black pepper
½ cup garbanzo-bean flour
¼ teaspoon onion powder
1 teaspoon parsley, chopped
½ cup water
½ teaspoon cumin, ground
2 cups oil
6 small pita breads
Tomatoes, sliced
Onions, sliced
Dill pickle slices
*Humus dip**

Soak split peas in water overnight. Drain and mash. Add salt substitute, pepper, garbanzo-bean flour, onion powder, parsley, water and cumin and mix well. Shape into small balls. Fry in hot oil and drain on paper towels. Slit pita bread to form pockets. Fill pockets with split pea balls and tomato, onion and pickle slices. Top with humus dip.

*** Humus Dip**
(Makes about 1 cup)

½ cup garbanzo beans, mashed, cooked
2 tablespoons oil
2 tablespoons lemon juice
1 teaspoon salt substitute
¼ cup tahini (sesame seed paste)
¼ teaspoon garlic powder
1 teaspoon sugar

Combine beans, oil, lemon juice, salt substitute, tahini, garlic powder and sugar. Mix well.

Peanut Butter Soup
(Makes 6 servings)

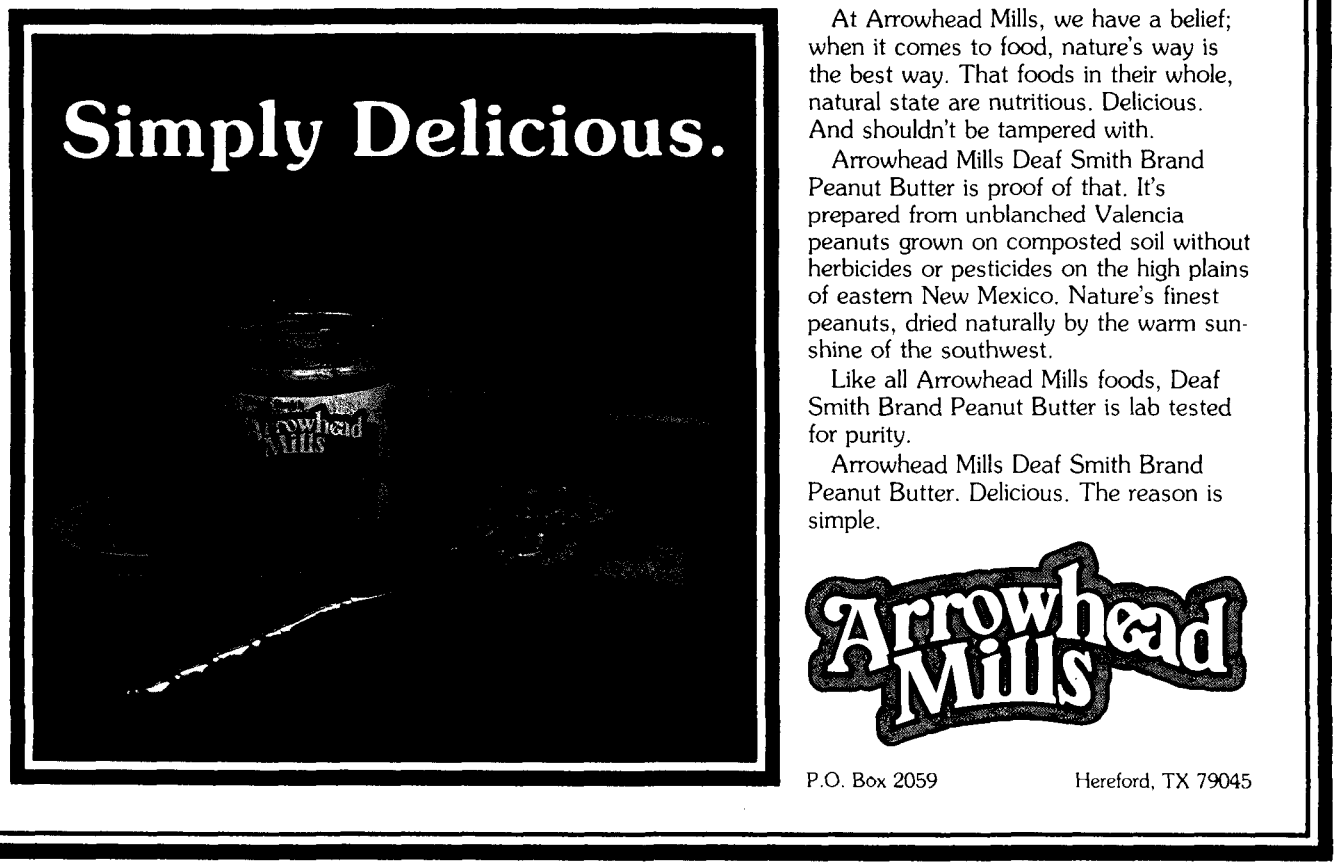
2 tablespoons onions, minced
3 tablespoons margarine
1 tablespoon whole-wheat flour
1 cup peanut butter
4 cups chicken broth
Salt substitute
Pepper
1 cup skim milk
½ cup nonfat dry milk

Cook onion in margarine until soft in 2-quart saucepan. Add flour and stir until smooth. Stir in peanut butter, add chicken broth and season to taste with salt substitute and pepper. Continue cooking and stirring over low heat until thickened and smooth. Combine milk and add. Just before serving, add tablespoon of Madeira.

Hawaiian Surprise
(Makes 4 servings)

½ cup peanut butter
½ cup pineapple, crushed, well drained
¼ cup pecans, chopped

Mix well. Spread on your favorite bread, or fill pita pocket bread.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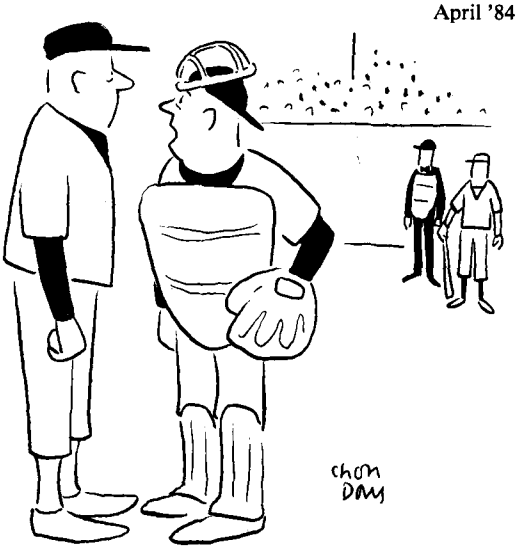
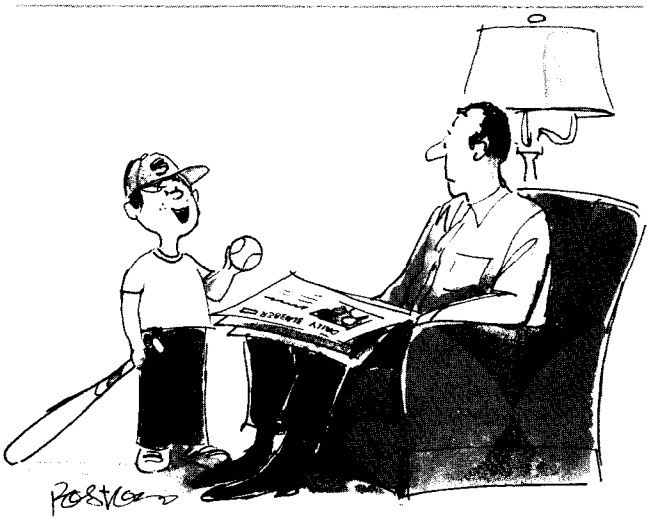
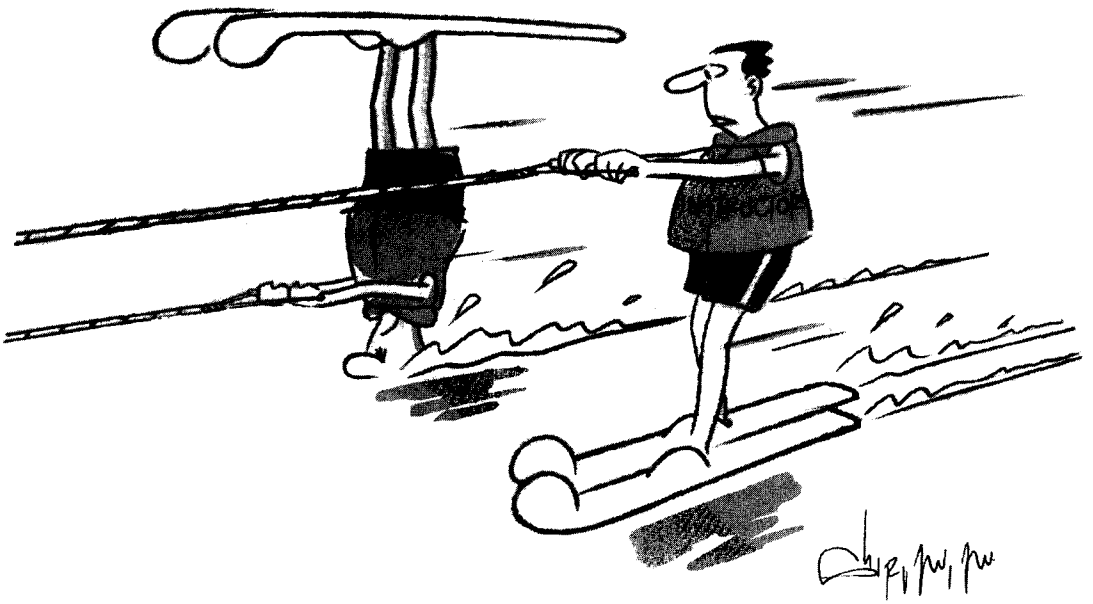


"That's the first time I've ever heard them yell 'Kill the pitcher'!"

"The job requires that you know something about sports. We talk a lot of sports around here."



"He was real friendly. He gave me back my ball and even said you could expect a nice call from his lawyer."



"You've got the general idea, Mr. Pinkney, however . . . "

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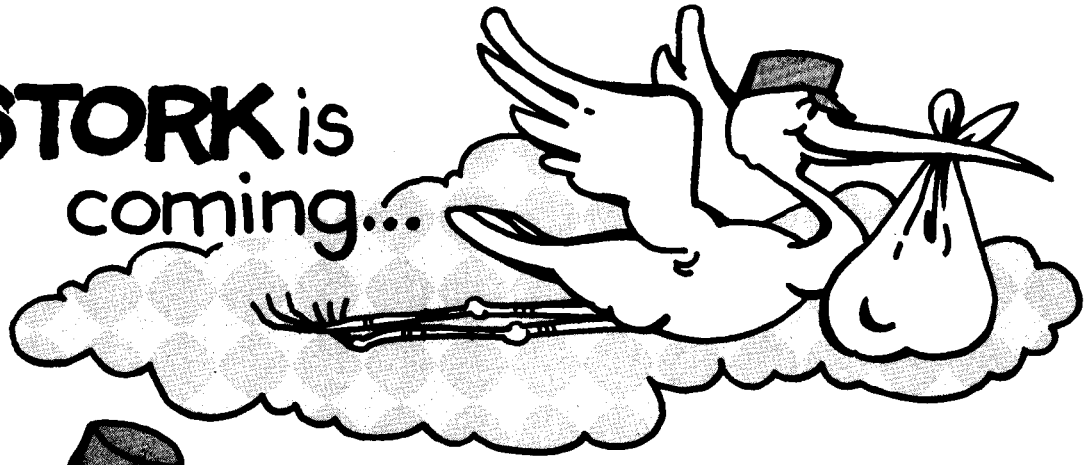

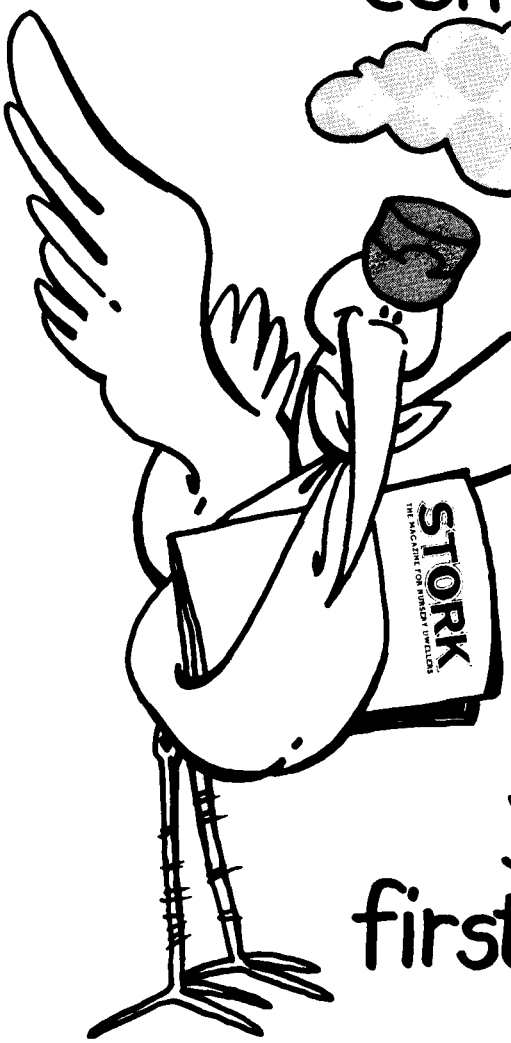

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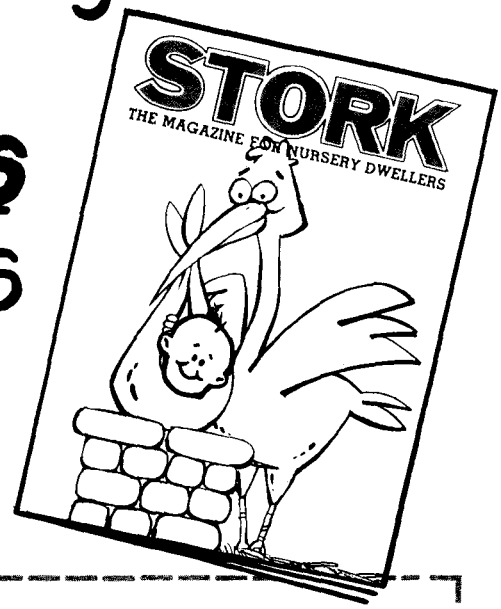

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TRAVELER'S ADVISORY: MAKE IT MEXICO

Montezuma may have his revenge, but the tourist can retaliate by buying pesos, once equal to the dollar, at the current rate of 150 to 1.

by Maynard Good Stoddard

"The yellow house with the arches and the brown roof, it had an owner you know as Old Blue Eyes, Frank Sinatra. The all-white house belonged to John Wayne. The red-and-white one has had several owners, including Wayne and Red Skelton."

Hollywood? No. Even if you were listening with your eyes closed, you'd begin to have doubts when the tour guide continues, "The blue house is where John and Jackie Kennedy spent their honeymoon." You look up to where he is pointing out another million-dollar-plus abode clinging precariously to the almost perpendicular cliff rising up from the water. Any lingering doubts vanish with the setting sun as its dying rays focus for our benefit upon a gleaming, alabaster mansion, beautifully arched and swimming-pooled, that had been a vacation home, says our guide, of the late shah of Iran.

No, not Hollywood. Our excursion yacht was plying the placid waters of Acapulco Bay, Mexico. It was in celebration of our 47th, or thereabouts, anniversary, that we had come. I had proposed taking a canoe trip from Spencer, Indiana, to Freedom for the occasion. Even suggested climaxing the event with a cookout on a sand bar. I figured this would get me past the happy occasion for something like the five-dollar rental fee for the canoe and maybe a couple of bucks for turkey hot dogs and buns.

The magnificent Metropolitan Cathedral bordering the capital city's *Plaza de la Constitución* stands on the site of the first church built in the New World.

My bride of whatever years it is, however, thought Mexico would be more fun. When I got up nerve enough to argue the point, she flipped me for it. I was still limping when we boarded the plane for Dallas, the first leg of our flight to Mexico City. And I had paid $1,174 for plane fare, three nights in Mexico City, overnight in Taxco and three nights in Acapulco. The days, I would learn, were not included.

When it comes to optional tours, Lois can't drive the 23 miles from Freedom to Bloomington without taking an optional tour via New Hope and Whitehall. Thus we had no more than hit the lobby of our Fiesta Palace Hotel than I was shedding another $108 (American) for a Tour of the Pyramids, Folklore Ballet and the Nightclub Tour. Had I not, at the airport, exchanged a $100 bill for 15,000 pesos I might have made a bigger fuss. But when you're rich, rich, rich, what the heck. Not even Montezuma, for all his revenge, could interfere.

There's something wrong with that Montezuma theory, anyway. True, Lois came down with a classic case of the Aztec Two-step, as it's known in cultural circles, before we ever left the airport. But I had vowed a mighty vow that I would not be a drinker of the water or a partaker of unwashed fruit. I would prove once and for all the superiority of the macho male over the delicate feminine constitution. I was struck down shortly after midnight.

Item No. 8 of "Helpful Hints While in Mexico," a pamphlet thoughtfully left on our dresser, offered several possible excuses.

In one of the loveliest natural backgrounds in the world, Acapulco (left) offers sun-starved tourists and the jet set the widest possible range of pleasures. Mexico's pyramids (above) and the mystery of ancient cultures are additional Mexican attractions.

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"Most people who take ill, blaming Moctezuma [their spelling], usually get sick because they do so much running around, eating and drinking. Mexico City is 7,400 feet above sea level. At this altitude it is wise to take it easy, especially for the first couple of days. Good restaurants are careful to wash their fruits and vegetables in a chlorine solution, and they serve only purified water." So read the text.

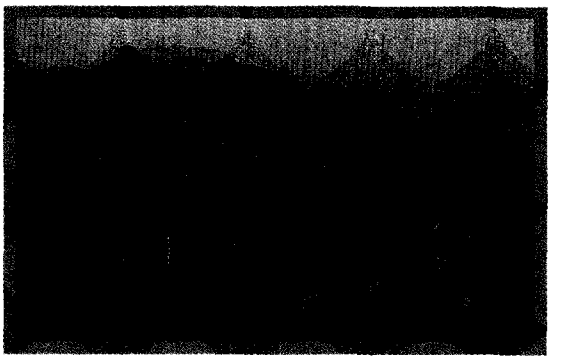
"This doesn't make sense," I complained to Lois the next morning. "I haven't been running around. At least not until after midnight. And I've had nothing to drink but 'de caf' and ginger ale."

"And plenty of ice cubes in the ginger ale," she pointed out, in that irritating voice a wife reserves for cutting hubby down to size.

"No germ from an ice cube is going to have enough left on the ball to corrupt a man's internal tract," I pointed back. "So it's got to be the butter. Cows drink the water that makes the milk that makes the butter. And for all their seven stomachs they aren't exactly purification plants."

On your way to the National Palace, seat of the Mexican government, you'll begin to believe that all 17 million residents have at least one car each, most of them double-parked on both sides of streets plainly marked "No Parking," or words to that effect. Fortunately, most of them are Volkswagens, or of that genre, or you might see little else. Since you won't be driving, the only difference it will make to you is having to suck in your stomach as the poor chap at the helm patiently wedges the bus down through this metal maze and onto Juarez Avenue, "The Broadway of Mexico City."

You'll scarcely have adjusted to the awesome size of the palace and the grandeur of its architecture before being overwhelmed by a gigantic three-wall mural from the brush of the painter Diego Rivera, one of Mexico's proudest cultural assets. Six years in the making, this panoramic masterpiece carries you across the country's turbulent history and spans the tribes that came from Asia via Alaska to the Mayans, the Toltecs and the Aztecs. Here you'll see the arrival of Columbus in the New World; Emperor Montezuma; the expedition from Cuba led by Cortez, who became master of all Mexico; Montezuma killed by his own people; Indians in slavery; insurrection; and the Republic of Mexico being officially recognized by the United States and Britain in 1825. Indeed, it's somewhat like television with the volume down, except the mural is far more moving.



Founded on an island by 14th-century Aztec Indians, Mexico City, its population 17 million, is the largest city in the world.

On the walk across Constitution Plaza to the Metropolitan Cathedral, begun in 1573 and resplendent in gold beyond belief, your tour guide will fill you in on the founding of the city itself. As I got it, Mexico City was founded on a lake—that's right, lake. Seems the Aztecs were instructed by their gods to build the capital city wherever they found an eagle perched on a cactus and devouring a snake. And that eagle chose to eat his *snake de jour* on a cactus growing on one of two islands in the middle of Lake Texcoco. Eventually the lake was filled in and Mexico City rose upon it. Now, some 600 years later, there's a problem.

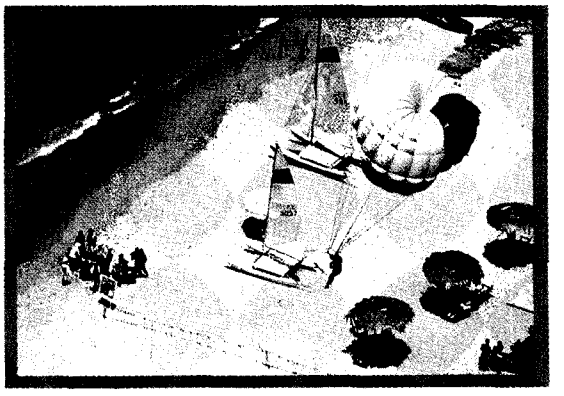
As evinced throughout the city, buildings are sinking. Our guide pointed out one that had been built at ground level but now had 14 steps leading down to it. Other buildings, like the old shrine to the Virgin of Guadalupe, have tilted, cracked and are now abandoned. The monuments, we were told, are sinking at a rate of two inches a year. "But that's all right," said our guide. "We've got lots of altitude."

Mexico City is filled with monuments. We saw monuments to historic races, the Revolution of 1910, Angel of Independence, mothers, oil workers, school teachers—you name it, they have it.

By the way, if you should be late for a tour appointment, don't sweat it. You'll never adjust to their "time difference" anyway. Only one hour by the clock, "Mexican time" turns out to be any old time, what the heck. The morning of our tour to the pyramids, we were in our places with bright, shiny faces at the appointed hour of 8 o'clock. Our guide showed up promptly at 9:20. Without apology. After all, hadn't he given us an hour and 20 minutes to observe the traffic from our hotel lobby?

On the 30-mile drive to Teotihuacan, the "City of the Gods," Antonio, our guide for the day, made a brief stop at the new Shrine of the Virgin of Guadalupe. The appearance of the Virgin, where the shrine now stands, had such an impact that 8 million pagan Indians converted to Christianity in seven years. Religion being the center of so many Mexicans' lives, today you can still see streams of people who have walked for miles, or inched along on bandaged knees, to beg a favor from this revered lady. We saw one woman who had made her painful pilgrimage on bloody knees while cradling a baby in her arms.

At this major holy place of Latin America, vendors seize the opportunity to hawk all kinds of souvenirs, and men dressed as Aztec Indians dance in the shadow of the statue of Pope John Paul II, a recent visitor. Inside, while the priest says Mass beneath the rays of a two-ton chandelier, people pray, others weep, tourists



Tourists happily exchange their currency for the gold of Acapulco's sun and sand. Others, for a mere 1,000 pesos ($6.25), prefer to rise above it all.

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gawk, adults eat lunches, kids lick lollipops, babies cry and over it all the choir sings alleluias. Don't miss it.

Teotihuacan, also roughly interpreted "the place where gods were chosen," is dominated by two colossal architectural works: Pyramid of the Sun and the lesser Pyramid of the Moon. Looking at them, one gets the feeling that their connecting mile-long walkway, the Avenue of the Dead, was named for those who have tried to make it to the top. Archaeologists have found no passageways, no tombs; nothing but rock upon rock upon rock.

Of the remainder of the city itself, dating back to the time of Christ, you will marvel at original and restored evidence of its condominiums, water and sanitary systems, ceremonial center, fresco paintings, pottery and sculpture. If your guide is as well informed as Antonio, this ancient civilization will come alive as he takes you back to the organization of Teotihuacan society, its religion, its history, its urban planning. One thing he won't be able to tell you is why that civilization suddenly and mysteriously disappeared.

If your itinerary allows but two nights in Mexico, make one of them the Nightclub Tour: dinner at Del Lago's beautifully gardened wine and dinery, then following your leader through the exciting confusion of Garibaldi Square, full of itinerant guitar strummers, open-air concessions and hawkers of everything from serapes to salami, to Santa Cecilia nightclub and floor show.

The *Ballet Folklorico de Mexico* is also a must. Just to step inside the gorgeous *Palacio de Bellas Artes* is return enough on your ten-dollar investment. The singing, dancing and pantomiming by the cast of brilliantly costumed natives is a dividend you won't soon forget.

As we returned to our hotel after this gala, too hyped to sleep, the devil stopped us at the elevator and said, "Why not pop into the coffee shop for a quick hot fudge sundae? It will be such a comfort to your insides." And Lois agreed that he might just have something. Or maybe it was she who said it. Anyway, we did it.

Because menus are printed in both Spanish and English, we had no trouble ordering. The trouble came with the flexible, scalloped-edge dishes the sundaes were served in.

"Maybe they're supposed to be eaten," Lois suggested, pushing hers aside when finished. But I had to tear off one of the scallops and test it. And it wasn't bad. So when the waitress came with the check, she picked up Lois' dish, looked at me, looked under the table, then back at me.

"I ate it," I said. She looked at me, looked at Lois, shrugged her shoulders and left. Maybe the thing wasn't to be eaten, but in my condition it didn't make much difference.

Route 95, the John F. Kennedy Highway, takes you to Acapulco via Taxco (pronounced TAHSKO). An expressway it isn't. A driver who should attempt to make it so runs the risk of greatly increasing his speed by failing to make one of the almost continuous curves that cut through, up, down and around the Sierra Madre mountains. Or coming to a sudden stop against the side of a cow or maybe having to peel a goat out of his grille.

Tours stop at Taxco for more than just the beautiful view. In one word, silver. Having seven working silver mines in the area, the industry today supports more than 2,000 craftsmen in some 100 workshops creating pieces for the dozens of retailers along the streets. Among the fantastic items, we hovered longest before a showcase featuring a full-size silver pineapple, leaves and all. It also featured a price card of 3 million pesos. What that reduced to in American money I didn't bother to figure. I settled for a $20 ring instead.

At the end of the John F. Kennedy highway lies Acapulco.

As our tour book understated, "The mere sight of the city is a pleasure in itself." The city at night, a glittering necklace draped around the black bosom of the bay, is a sight the word "pleasure" can in no way cover.

From the 11th floor of our bayfront room, the view was so spectacular that I shot all my film before we ever hit the beach. So I was on my way across the street to buy film when I made the mistake of stopping on the median instead of stepping directly into traffic. Otherwise I wouldn't have been approached by

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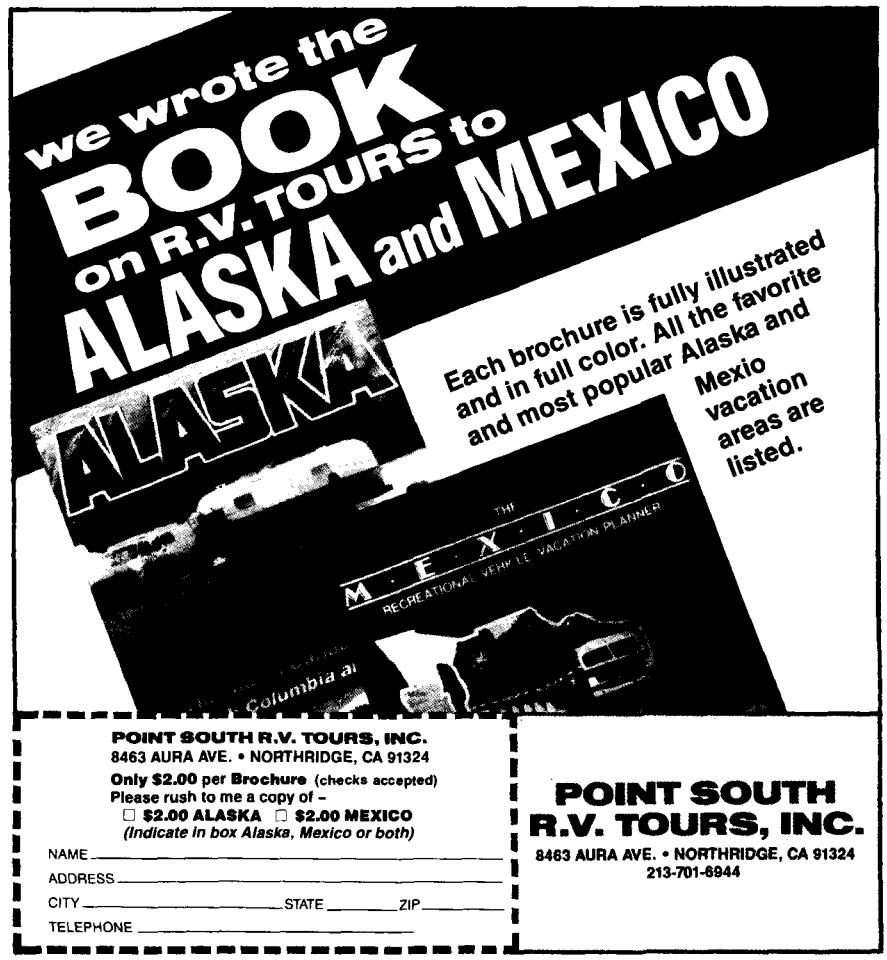
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this fellow with the silver bracelets.

"How much?" was my second mistake.

"Twenty dollars," said he.

"No way," I said.

"For two," he quickly responded. "One for a gift."

"I'll have three besides my wife's," I said. This strategy allowed me to return to my wife proudly bearing four silver bracelets, all for $20. The next day at the dock, while we waited for our excursion yacht to be readied, three different men tried to sell us identical bracelets for $2 apiece.

Luckily, the harbor cruise had been included in our package tour, or we might not have pulled ourselves off the beach or out of the surf or away from the bathroom to take it. But bug, beach, sun, fun and surf be darned, do take the cruise. And see those famous dwellings that will make you want to go home and throw rocks at yours.

Afterwards, we settled for taking turns challenging the surf on a raft, at two dollars a day. Getting beyond the surf with its strong undertow was a bit of a nuisance, but once you made it, everything went swimmingly. As we stretched out in the sun, the waves dippled and danced and rocked you cruelly into a false complacency.

The trouble was, as I see it on replay, I came in too far forward. This caused the nose of the raft to stick in the sand, which allowed the crest of the oncoming surf to catapult me end over applecart onto the beach like some bloated sea bass.

Dumping the sand out of the crotch of my swim trunks, to keep them up, and out of my ears so I could hear, I reached to push my glasses back in place. No glasses. *No glasses*! For an hour I stood there waiting for the next crashing wave to cast them ashore. And all the time thinking about getting home from the airport. Either I would have to drive blind or let Lois take the wheel. Which didn't leave much of a choice.

Well, we finally made it home, and yes, we're going back. For one reason, I'd like a chance to test my butter theory. And I definitely want to see Acapulco again. Then maybe Ixtapam/Zihuatenejo, Manzanillo and Puerto Vallarta. My glasses surely have got to wash up somewhere along there. ✱

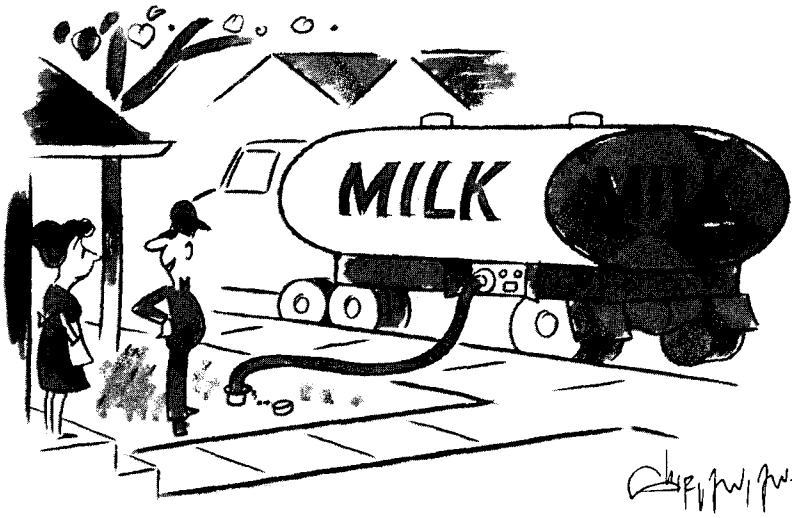
Ragbrai

continued from page 55

woke to see his son's dome tent rolling across the campground, his screaming son still in it.

To some, RAGBRAI has grown too big, too commercial. One who feels that way is Carter LeBeau of Davenport. Three years ago, LeBeau founded "The Other Great Iowa Ride," TOGIR (rhymes with ogre). TOGIR tours Iowa in a circular route of about 500 miles and is held a week or so before RAGBRAI. It attracts about 300 hardcore cyclists, many of whom also show up for the Main Event.

This writer didn't participate in TOGIR but suggests that if you're going to see Iowa on a bike, it might as well be from river to river. How else can one indulge in that charming RAGBRAI custom of dunking one's rear wheel in the Missouri on Day One and wetting the front wheel with Mississippi mud at ride's end? On the last day of RAGBRAI XI, the dreaded heat wave came back in full force. And some cyclists—this writer included—greeted the Mississippi with a headlong plunge, bike and all. ✱



"How are the quads today?"

Stars

continued from page 65

"When I first came out to California in 1960, the ethics of the business managers, the people who pay an actor's bills and invest his money, were not as high as they are today. So I determined that if somebody managed my money, it would be me," Rogers said.

Another star who has proved to be adept at minding his own business is Fess Parker. As the star of the 1950s television series about frontiersman Davy Crockett, Parker became a role model for a whole generation. Today he is a shrewd businessman much more interesting than his coonskin-capped alter ego. He counts among his assets real-estate holdings and gas and oil interests as well as mobile-home parks.

"Some actors have peculiar lifestyles and attitudes," Parker said. "They feel a sense of prostitution in the process of acting, like they are getting through life in a way that is not suitable to adults. This feeling is only enhanced by the use of a business manager.

"I spent ten years with a group of fine business managers. But you find that your paycheck goes to them and they do everything, from paying bills to investments. After ten years, I told them, 'I have to leave because I can do better for myself.' I think I've proved my point."

Parker says he always wanted to play contemporary action/adventure roles, such as those played by John Wayne and Bob Mitchum. But producers didn't see him as a modern man of action: They wanted him in the coonskin cap. So after Davy

continued on page 102

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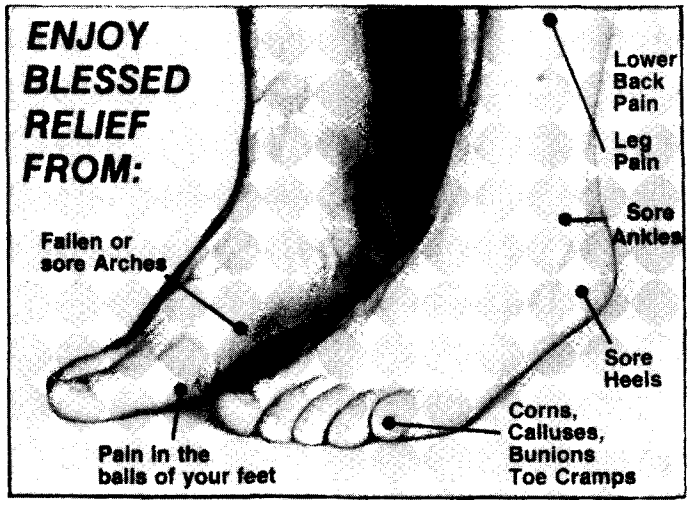

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Where Are You Going?

continued from page 69

the apt language of his simple faith, he said he was "standing at the doors of heaven just waiting for them to open when he would be called in." I met many great, good and competent men in Uganda, but I wonder if any will receive a greater welcome than his when that destination is finally reached. He was a man who was "poor, yet making many rich."[13] His will be a glorious termination to a journey in a second-class compartment, but during which he was constantly offering onward tickets to others.

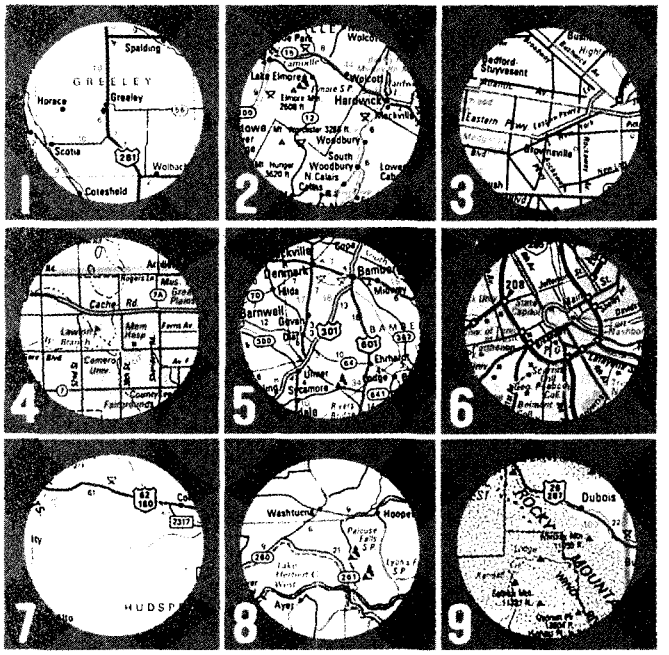
A few weeks before I revised and lengthened this article, our youngest grandchild was born. As a family we were shattered to learn that he was destined to travel in a low-class compartment as a child with Down's syndrome. What initially appeared a stunning tragedy has already turned out to be, and we believe will continue to be, a blessing to us and to many others. Weakness and suffering bring out the best from people in the way of love, caring and understanding, and with these we have been enveloped and overwhelmed. Ability, fortune or success, on the other hand, foster the destructive evils of arrogance and jealousy. God has so often chosen the weak things of the world to confound the mighty.

Our daughter and son-in-law have demonstrated their loving acceptance of this little one by naming him Edward Samuel, his second name meaning "a gift from God." A comment from our daughter expressed all that we as a family felt. "When Jesus rode into Jerusalem he deliberately chose to be carried by a humble, stupid animal, a donkey. Edward may in the world's eyes appear stupid, but what matter if he can be used by Jesus." We pray that he will be a pilgrim pointing others upward as he makes his way in a second-class coach towards the celestial city.

Paul, when speaking to the Athenians, affirmed that God "made the world and everything in it" without discussing the questions of how or when. He turned instead straight to the matter of ultimate priorities, stating, "God did this so that man would seek him and perhaps reach out for him and find him, though he is not far from any one of us."[14]

There can be no question that the most important matter for each of us is our relationship to God, and since we are assured that he was "in Christ reconciling the world to himself,"[15] our entrance to his family and eventually to his heavenly kingdom is available through our acceptance of the reconciliation offered. It is not where "our cartons" came from that ultimately matters but the destination of our "contents."

Notes: (1) 2 Peter 3:8.; (2) 1 John 1:7.; (3) John 10:7.; (4) 2 Cor. 5:1.; (5) 2 Cor. 4:7.; (6) 2 Cor. 4:16.; (7) John 4:24, NIV.; (8) Gen. 1:28.; (9) Luke 14:15-24.; (10) Gen. 25:29-33.; (11) Luke 16:19-31.; (12) 1 Cor. 1:18, NEB.; (13) 2 Cor. 6:10.; (14) Acts 17:24, 27, NIV.; (15) 2 Cor. 5:19.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area, north, south, east, west or central in the designated locale.

(Answers on page 100)

Dr. Burkitt, Man of Fiber

continued from page 67

neck. Surgery mutilated the children but still didn't keep them from dying, and the radical surgery did not extend their lives, Dr. Burkitt observed. So, with incredible energy, he pursued the disease on a safari through the mountains and jungles of tropical Africa. He made a map, marking with pins the places where the cancer occurred. As a result, for the first time in medical history, a cancer was discovered to be related to geographical conditions of temperature, rainfall and almost certainly to an infective organism—most probably a virus which is possibly carried by an arthropod, perhaps the mosquito. He discovered that the disease never occurred where the temperature dropped below 60 degrees.

Having discovered lymphoma, Dr. Burkitt proceeded to find a means for curing most of the victims without surgery if they were detected early. Dr. Burkitt had found that surgery could do nothing for this particular kind of tumor since the victims had them in multiples. Had radiotherapy been available in tropical Africa at the time, Dr. Burkitt probably would have never discovered how much a cancer drug, methotrexate, could do for this disease. The Lederle Laboratories provided Dr. Burkitt with methotrexate after he persuaded their representative in Nairobi that here was a "golden opportunity" to test their drugs on patients who had not been treated with deep X-rays. X-ray equipment being nonexistent there, Dr. Burkitt and his colleagues could not be faulted for failing to use it in accordance with the best recommendations of oncologists at the time. Radiotherapy may affect the patient's immune response, and therefore it hinders accurate evaluation of a drug's anticancer capabilities.

Dr. Burkitt was most encouraged with the

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cytotoxic drugs. Later he included *cyclophosphamide* and *vincristine* in his therapy. The tumor proved to be most responsive to treatment. Another serendipitous discovery came through Dr. Burkitt's quest. Because the African children often ran away from the hospital before they had received their entire series of medication, he discovered that a small amount of the cytotoxic (cell poisoning) drugs did better than the more commonly used larger and more prolonged doses. "At the time, the normal approach was by giving the patient all the drugs you could without killing him," said Dr. Burkitt.

He found that some of the patients who ran away from the hospital before treatment was completed sometimes did best of all. Dr. Burkitt told of one little girl who was to have three courses of methotrexate. After she had only one course he was disappointed to find that her mother had come in during the night and taken the child home. About a year later one of the African workers came across the little girl in her home in the bush. She was well, and six years later she remained well. In his experience, he found that if he saw an early jaw tumor, he could expect to get total clinical remission from a single dose of a cytotoxic agent. In the large majority of cases, the tumor would not recur at that site.

Dr. Burkitt believes that the drug helps to stimulate the patient's own defenses. He further believes the real clearance of malignant cells comes from a host response against the tumor, in the same way that the body's responses tend to eliminate a bacterial infection. "If you overtreat the patient, you may knock out more cells initially; but because at the same time you knock out his defense mechanisms, you lose more than you gain," said Dr. Burkitt.

Unfortunately, if the child gets Burkitt's lymphoma first as an abdominal tumor, it isn't detectable until relatively late when it is no longer as amenable to treatment. In his book, *Man Against Cancer*, Bernard Glemser tells of Dr. Burkitt's dreams and hopes. "If it could be determined that the tumor is caused by a virus, and if the virus could be isolated, there might then be the possibility of immunization against it.

"But I don't think that would be a practical proposition in Africa, because cancer there is so unimportant compared to the million and one other problems, and vaccination wouldn't be worth the effort. Kwashiorkor from protein starvation kills far more children than this cancer. Of course, if one could find a virus and develop an immunization technique against these lymphomas, there would be the hope that this might lead the way toward finding a virus and establishing immunization against leukemia. And that would be quite something in the Western world!"

Speaking of Dr. Burkitt, Glemser writes, "Denis Burkitt is unique. There is nobody quite like him in the history of cancer research." He includes the following quote from Dr. R. J. C. Harris, director of the Imperial Cancer Research Fund in London, who said, "By and large, cancer research is a closed field. You don't expect people who have spent their lives doing surgery to erupt into it suddenly. But that's what Denis did. He burst into cancer research more or less like an atom bomb."

Glemser continued, "Dr. Harris suggested several reasons for Dr. Burkitt's success. One was his remarkable talent as an observer. Another was that he never allowed himself to be discouraged by experts who disputed his findings. Still another arose from his deep religious beliefs and the special relationships he established with medical missionaries throughout Africa, who cooperated fully in his work. And, finally, there was Burkitt's love for those unfortunate children afflicted with the disease he was investigating."

An equally generous tribute was paid to Dr. Burkitt by a colleague, Professor Peter Alexander: "I think he is a fabulous character. He has shown that there is no substitute in cancer research for brains, good observation and exploiting good fortune. Cancer is not an incurable disease. A lot of cancer is cured. The remarkable thing about Burkitt's tumor is that one can cure it at such an advanced state, when the experts would have said any possibility of a

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cure was hopeless and crazy. The beautiful thing is, he has shown us all to be wrong, and I think this is absolutely marvelous."

For our readers who want to know more about Dr. Burkitt, we suggest *Man Against Cancer* by Bernard Glemser, published by Funk & Wagnalls, New York; *Mr. Burkitt in Africa* by Bernard Glemser, published by World Publishing Company; and his own book, *Don't Forget to Put Fiber in Your Diet* by Arco Publishing.

We hope you enjoy "Where Are You Going?" (p. 60) as much as we did here at the *Post*. Dr. Burkitt told us that the article was written "to help those who were faced with the two untenable alternatives of either believing that creation was a sudden event occurring within a few days, or that it was a matter of pure chance and that God was not in it at all. I totally reject the current notion that God is more likely to act in crises than in process, and this applies to creation, conversion and healing."

Hearing Aids

continued from page 45

following: s, sh, ch, n, m, ng, th, f and v. The blurring of consonants makes it difficult for one to distinguish "he" from "she" or "chair" from "share."

In order to determine whether a hearing problem exists, to what degree it has progressed and whether it involves the outer ear, middle ear, inner ear or a combination of these, it is essential to have your ears medically and audiologically evaluated. Often this hearing test is conducted by an audiologist, a professional whose specialty includes evaluation of the hearing mechanism. Your audiogram will be explained to you. If your physician has determined that your hearing loss is not medically or surgically correctable, a hearing-aid evaluation may be recommended. The problem, however, may be nothing more than impacted, hardened ear wax. The wax can be removed by your physician.

Regulations established by the Food and Drug Administration in 1977 require that a physician's written statement that a hearing aid may be helpful must be issued before a person can be fitted with a hearing aid. This requirement may be waived if the hearing-aid candidate is over the age of 18, allowing him to be fitted anyway. Thus older people are still sometimes taken advantage of when buying hearing-aid devices.

"I see that happen every couple of weeks," says one otologist. "In fact, I saw one only yesterday. He had paid $1,100 for two hearing aids, but the patient had total nerve deafness in one ear. That is like fixing the telephone after the wire has been cut."

Adjusting to a new hearing aid is a learning experience that requires both patience and practice. Beginners are advised to practice using a new hearing aid in a quiet, familiar environment and identify sounds perhaps long forgotten. They're told to practice conversing with one person whose voice is familiar, then to move on to small groups and finally to social gatherings.

If you are speaking to the hearing-aid user, don't raise your voice or exaggerate your lip movements. Such actions only distort your message. Turn down the television or radio to get rid of background noise. Keep your hands away from your face, and don't speak while chewing food or gum. Look at your listener and speak clearly.

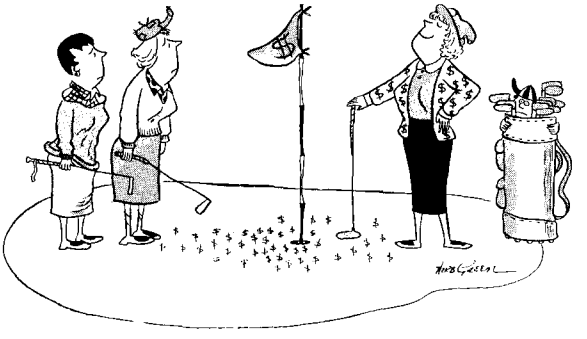
Hearing loss is increasing dramatically in the United States primarily because people are living longer. The degree to which one person's hearing is affected by the aging process is dependent upon a complex integration of several factors such as heredity, environmental-noise exposure and even chemical changes in the cells.

Although the effect of the aging process upon hearing cannot be slowed down, some factors cause additional, preventable hearing loss. Exposure to loud sounds over a period of time, especially in confined quarters, can be quite detrimental.

Noise from lawn mowers, chain saws, etc., can be harmful. Even exposure to loud music can be harmful—those most affected being the musicians themselves.

Certain types of medications can also cause hearing loss—the antibiotic Streptomycin® or large dosages of aspirin. In some people, these medications can destroy some of the tiny hair cells in the inner ear. Of course, your physician is aware of the side effects. This is one reason it is important to follow the directions carefully. If you do notice ringing in your ears or a change in your hearing, don't hesitate to tell your physician.

Not all acquired hearing loss can be prevented, but by paying attention to changes in your hearing, you may be ahead of the game by recognizing an underlying problem; or you may avoid missing conversations and sounds fundamental to life itself.



The Perfect Squelch

Enormously proud of her membership in an expensive country club, young Mrs. Hudson invited some friends for a round of golf. As they played the course, she described the club's advantages—its wonderful pool, its marvelous tennis courts, its perfectly manicured greens. She named the club's most impressive members, then went on to glow verbally over such details as the thickness of the club's carpets and the spaciousness of its ballrooms.

Finally, in a burst of appreciation of all these blessings of wealth, Mrs. Hudson voiced the startling query, "I wonder what poor people do on a beautiful day like this?"

In the embarrassed silence that followed, a young voice behind her said, "We caddie."

—Mrs. Floyd Bentley

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Guidry

continued from page 60

the best left-handed pitcher in the game.

"You don't have to be big to win," he says with a shrug. "You can be small. Size doesn't make any difference if you don't scare, if you're brave."

Although a bit of the smoke has vanished from his fastball, the pitcher's analytical mind and a memory that's an archive of opposing hitters' weaknesses make him even more imposing than he was in his 1978 glory year. When enemy teams burn him, he learns from defeat. Like a general, he refuses to worry about a single lost battle and prefers instead to concentrate on his career totals—in other words, winning the war.

"The more games I lose, the better pitcher I become," says Guidry.

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WHERE DO YOU THINK YOU ARE?

(Answers from page 96)

1. Nebraska
2. Vermont
3. New York
4. Lawton, OK
5. South Carolina
6. Nashville, TN
7. Texas
8. Washington
9. Wyoming

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"Where I used to throw the ball down the middle of the plate, now I don't do that any more. Since now I know I *can* be hit, I'm more particular and careful about what I do around the plate. For every guy that hits me a lot, I have great success with somebody else. Rod Carew, for example, doesn't hit me well. Nor does George Brett."

It's taken many years, but Ron Guidry has made a believer not only of American League batsmen, but also the controversial George Steinbrenner, owner of the Yanks. From 1979 until the winter of 1981, when Guidry signed what was tantamount to a $5-million, long-term contract with the club, the pitcher was offered in trade more often than the Topps baseball cards his picture graces. Put off by the hurler's diminutive size and worried when radar guns detected a loss of velocity in Guidry's fastball, Steinbrenner repeatedly put the pitcher on the market. In fact, a 1980 trade involving Guidry for fellow Civil War buff Keith Hernandez (then with the St. Louis Cardinals) fell through by the slimmest of margins. "I underestimated him as an athlete," says Steinbrenner when asked about his eagerness to unload Guidry. "I'll admit I didn't think he was going to make it."

But his doubts have long since vanished, and if Steinbrenner has his druthers, Ron Guidry will get an oft professed wish to close out his career in a pin-striped uniform. "As far as I'm concerned, he'll always be a Yankee," says Steinbrenner, adding that if the pitcher is able to produce five more good years, the Hall of Fame is a dead certainty for the Cajun.

Guidry says that he is comfortable with New York and its demanding fans, although all things considered, he'd rather be in Lafayette. "If you can get by in the woods," says the avid hunter, "you can get by in the city. You're going from de jungle to de denser jungle." And while other players hasten their departure from the Big Apple by grousing against the Yankees' front office, Guidry has steadfastly refused to speak out against the owner's policies. "I keep my mouth shut in the locker room," admits Guidry, "but not because I'm scared to say something. You'll never see in the paper that he [Steinbrenner] blasted me and I blasted him [back]. If he blasts me in the paper, all I'm going to do is pitch better."

Guidry credits his parents and his late grandfather for alerting him to the ways of the world. From his grandfather, a robust outdoorsman named Gus, the pitcher inherited a droll sense of humor and a strong sense of responsibility. Gus, until his death last year, was patriarch of the Guidry clan.

The pitcher's parents have been equally important to his development. His father, Roland (Rags) Guidry, is a conductor on the Southern Pacific line. His job has long demanded that he learn to deal with the public, a knack he has passed on to his son. "You have to be forward with people in my job," says Roland, a wiry man with thinning, dark hair. "I want people to ride the train again, so I have to make their trip comfortable, exciting and interesting."

Roland bought young Ron his first glove: a $16 Spalding. He also convinced Grace, his wife, that playing ball was something her son should do. Grace had originally forbidden her offspring to play because her brother had once been hospitalized after being struck with a line drive.

Ron acquired his taciturnity from Grace. "He's like me," she says, "not a big talker." From Grace, too, he learned his love for the Yankees: One of the Guidrys' favorite players was Whitey Ford, who as New York's winningest pitcher (236 wins) is the man Ron hopes to surpass before his own career is through. To do so, Guidry must average 19 victories a year in the six years he hopes to play before retiring to Cajun country forever.

Although Guidry's birthday in August will make him 34, the pitcher's long-time agent, John Schneider, believes his client is getting not only older but better. "All the complete games he threw last year made his arm even stronger," maintains Schneider, a Lafayette attorney whose association with Guidry goes back to the American Legion ball field. "His feeling is that the more innings he pitches, the stronger he is." And with Goose Gossage's defection to the San Diego

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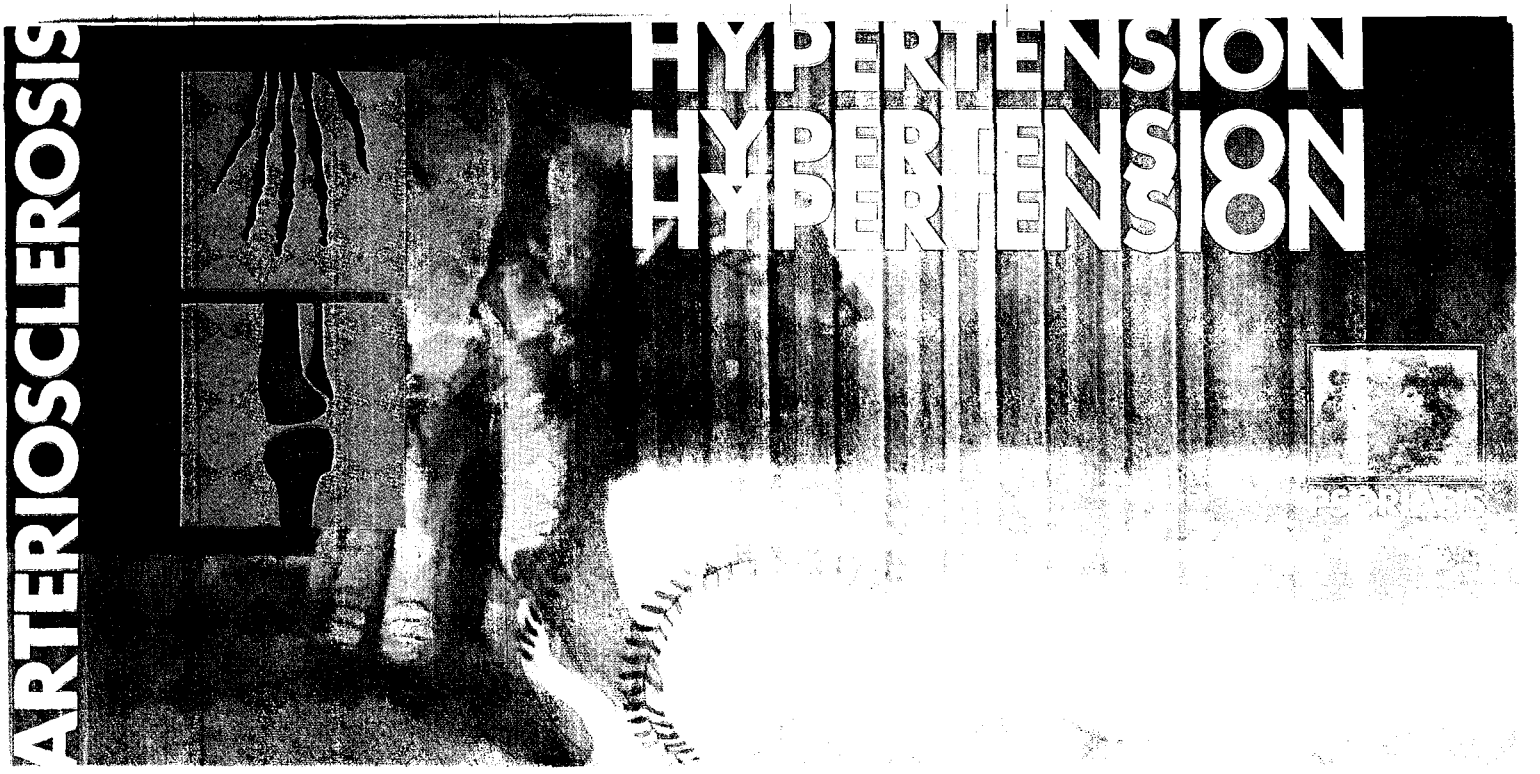

APRIL ON THE 700 CLUB'S LIFESTYLE DIGEST

April 5
Psoriasis

For some people psoriasis can be almost disabling. One man whose psoriasis covered most of his body is now completely free of this plague due to a process which combines a drug with exposure to a high intensity ultraviolet light source (Psoralen Plus UV-type A). PUVA works for him, and he is willing to take the risk, which is something like the risk of sunlight in causing skin cancer. It is a trade off — the risk for the cure. This treatment, recently approved by the FDA, is now available throughout the United States.

April 12
Hypertension

The dramatic effects of diet and exercise on high blood pressure will be discussed. We'll show you low-salt, low-fat, high-fiber recipes and ways to make these foods appetizing, while you're lowering your blood pressure. You'll learn why it is *always* important to control hypertension.

The 700 Club

The TV show that gives answers for life

Check your local listings for time and station

April 26
Arteriosclerosis

Why do some of us get hardening of the arteries? Researchers now suspect the herpes virus is implicated in the development of cholesterol plaques in the vessels that cause heart attacks. If true, could lysine help prevent these lesions from beginning? You'll learn more about this theory and about some already proven ways to help lower your cholesterol levels.

April 19
Arthritis

You'll hear how a well-known Giants baseball player overcame his arthritis with a diet that worked for him. You'll hear another case history where diet helped after all else had failed. There were a lot of "no no's" but the permissible foods were ample for well-balanced nutrition.

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relief corps, the Yankees' brass believes that Guidry will once again be required to bail himself out of his own jams—something that suits the Louisianan just fine. "I have faith in my manager, my team and myself," says Guidry. "I believe that I'm good enough to pitch my way out of any trouble that I get into.

"I know I can't continue forever," says Guidry. "My career is something that's going to end. And when it ends I'll just accept that my time is over and that someone else is welcome to his chance. Besides, if I play five or six more years, I will have lived the best years of my life somewhere else other than my house. Because baseball's over, it doesn't mean my life is over."

A few months ago the pitcher purchased 50 acres near Lafayette he says is hopping with game and birds. "On that last day when I pack up everything for good, it's going to be 'Good-bye, New York!' and 'Hello, Lafayette!' " Still, he expects to visit the Empire State now and then perhaps five years after retirement, when Cooperstown casts a plaque in his honor.

Stars

continued from page 94

Crockett, he played Daniel Boone in the TV series of the same title. Soon after that show ended, he hung up his coonskin cap ("I have it hanging in my bathroom," he told me) and devoted his time to his businesses. But Parker is not retired from acting. Should a good role come his way, he would gladly accept it.

Actress Ann Turkel, who has appeared in many episodic TV shows such as "The Love Boat" and action/adventure films such as *The Cassandra Crossing*, is in a hurry to achieve the same kind of independence that Parker enjoys. For her, business is a path to the creative freedom she desires. So when I told her I'd seen her performance as a killer with a split personality on an episode of "Strike Force," a TV series from a few years ago, she was ecstatic.

"I was so thrilled to play that role on 'Strike Force.' It gave me a chance to do something different from the glamorous parts I'm always cast in," the tall, rangy brunette told me.

Dressed in a green, red and white woolen sweater, brown corduroy pants, black boots and a cartridge-style belt, she seemed every bit the movie star, especially because we were speaking in her penthouse apartment on the fashionable East Side of New York City. Yet the nice young woman is actually from one of the other boroughs in the city, the Bronx. Her father is in the garment business.

Along with her fiancé Hans Buhringer, Turkel is manufacturing and marketing the "un-suit," a bathing suit of a fabric that is *not* see-through, but still allows the tanning rays of the sun to pass through and give an overall tan.

The bathing suits are Turkel's second business venture. The first was called Now or Never, a mobile gymnasium that travels equipped with a gym coach for those Beverly Hills actors who need to stay in shape because acting is *their* sole income. Now or Never, which is being franchised around the country, reflects Turkel and Buhringer's lifestyle.

"And neither one of us smokes, drinks or takes any drugs," Turkel stated. "Staying away from these things is a major factor in looking and feeling well. We wanted to communicate that lifestyle to the public, and Now or Never is our vehicle.

"Eventually, I don't want to have to rely on the monies from TV and movie work to pay my bills. That's what I want out of my business deals: the money to pay my bills and do what I want. I have so much inside me, but the producers don't have enough insight to see it," Turkel said.

Business acumen and acting ability may not go hand in hand, but in the cases of Ann Turkel, Ernest Borgnine and the other actor-entrepreneurs I talked to, they do. An actor endorsing his own product is a bit like having a lawyer in the family, a built-in convenience.

No matter what other lines they go into, none of these stars will quarrel with the old line that "there's no business like show business." They've simply followed up with a pragmatic businessman's conclusion: It's good show business to diversify, and for them, that's what's made all the difference.

You be the Judge

By John A. Ritter

Following a hard fall on a sidewalk, Felix consulted a chiropractor to relieve the pain in his shoulder.

Two months of heat treatment and muscle manipulation made the pain worse than ever, so Felix went to an M.D.

"You have a fractured bone and a dislocated shoulder," said the doctor. "You should have been in a cast two months ago."

The furious Felix filed a lawsuit against the chiropractor for malpractice. "Judge," he said, "he's responsible for my two months of pain."

If you were the judge, would you find the chiropractor guilty of malpractice?

The judge awarded Felix $35,000.

The careless chiropractor committed malpractice by failing to have X-rays taken and by not referring Felix to a medical doctor.

(Based on a 1972 decision of the Colorado Court of Appeals)

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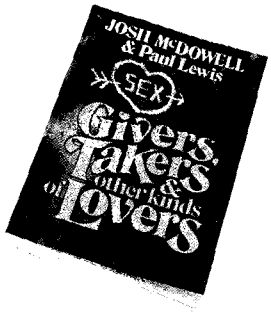

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Easter Flowers

continued from page 63

few but magnificent jewels he wore.

Finally he asked, "What about Mr. and Mrs. Renn? I suppose they are dead."

"Uncle Billy's been gone for some years now," I said. "Aunt Jennie—she is at the county farm."

"At the——"

"The county farm. It was the poorhouse when we were boys."

DeHoke leaned forward in his chair. "Of all the boys they helped, was there no one who could take care of her, now that she's old?"

"Some were far away," I said.

"You mean me."

"You, of course, and one or two others. But some of them were here, and they did try to help her. Don't feel too bad about her being at the county farm. It's a pleasant place and—well, it's better for her, even though people tried to persuade her otherwise."

He was silent for a while. Then, "There is much you are not telling me."

Uncle Billy, I told Dutch, had tried to extend himself during the war days—the boom days. He lost everything he had, including his life, from which he departed after a siege of illness brought on by worry.

Strange men drove their car along the Renns' wintry lane, and they had papers to serve upon Aunt Jennie. There was one of those ads in the county paper reading, "On February 21st I will offer at public auction the following. . . ."

They took Aunt Jennie to Sioux City; Harmon Lundgren lived there. He was one of the boys. Everyone thought that she might be contented at the Lundgrens', and the Lundgrens did their best to make her so. They had a hard row to hoe. Aunt Jennie said that she wanted to go home, and she was decisive about it.

Todd Ninbauer fell heir to Aunt Jennie next. That marked her return to her own county and even to a farm therein, though it was miles away from Fairweather Township.

One spring day she turned up missing; the Ninbauer tribe searched frantically through every outbuilding and invaded all the brush heaps and creek sides in the region. They found Aunt Jennie at last, along toward night, feeling her way down a road which she hoped led toward Nathan's River.

She cried a little and apologized when they caught up with her.

"I'm mighty sorry to cause trouble," she said. "But I got so lonesome for home! I figured I better go there."

They tried to explain once more. All about the house being moved to the Nye farm and being made into a chicken coop; and they gave her additional information about the new primary-road system. A change in highways had doomed the hill where the Renns had once dwelt. Their lane had been widened and graded high. There was nothing left of the Renn farm except a memory, but Aunt Jennie was willing to embrace that memory with delight and hold it to be a fact.

"For the life of me I can't see how that is going to take the drudgery out of housework."

In the long run, it was felt that the county farm, of any place available, came the nearest to filling Aunt Jennie's needs. There she had good food, a warm bed and certain farm sounds about her; there were a few old neighbors with whom she might talk about the early days.

Dutch DeHoke walked up and down my office, with his cigar dead in his mouth. He said once, "Bangka is a long way off." Those were the only words he offered in self-extenuation. "Have you got a motorcar? I would like to go out and see her."

"Very well. We can pick up your things at the hotel on the way back. I want you to stay at my house."

In the car, when we were splashing through the early dusk east of town, Dutch DeHoke said, "I wonder if she'll recognize me when she sees me."

"She won't see you."

"What?"

I explained, "She's been blind the past five years."

She sat in the long, ugly, golden-oak room which county-farm tradition dignified as a parlor.

"Yes," she said to Dutch, "I remember you. That was a long time ago." She recalled his bad deed, the day he left the Renn place, and she said that Ross Nye wasn't hurt half as much as he'd imagined.

"You were a bad boy," she quavered. "When you were a boy, I mean. But I was always mighty fond of you." Then she asked, her voice shrill, "Did you ever find gold?"

"It was tin," Dutch said. "Yes, Aunt Jennie, I found it. Away off across the Pacific Ocean."

He tried to tell her something about the tin mines of the Netherlands Indies, but she wasn't half listening. "You know pa's gone," she muttered, and she was referring to Uncle Billy. . . . It came finally as I had expected. She told Dutch in confidence, but spiritedly, "I want to go home."

DeHoke said, "Aunt Jennie Renn, you can go anywhere you want. You can come with me to Muntok. I'll build a house for you."

But she shook her cropped head. "It's too far away, and I don't want to go on the ocean on account of shipwreck." She got up out of her chair and felt for him. "I want to go home. I'll be happy there."

Most of the other people present were wiping their eyes, but Dutch DeHoke didn't wipe his. When he had said good-bye to Aunt Jennie

continued on page 110

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality."
—Herbert Spencer

Benjamin Franklin Award

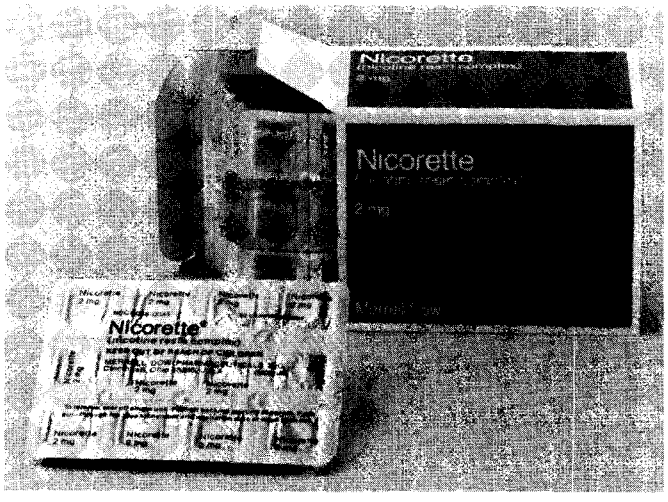
When the smoke clears at Dow Chemical Company next year, the firm may have a lot fewer cigarette-smoking employees, thanks to the innovative Stop Smoking and Save program (SSS) that has won them the Benjamin Franklin Award.

Dow's Freeport, Texas, division has 7,000 employees, of whom 2,178 are smokers. More than half the smokers have expressed their desire to quit smoking and are signing up for SSS in hopes of winning prizes, including one of several fabulous trips-for-two to exotic destinations.

To be fair, the company is inviting ex-smokers to join the fun as well. They can be eligible for prizes, too, by taking a smoking employee as a buddy and seeing to it that he or she does not smoke during the year. At the end of each smoking-free month, the smoker (now, hopefully, becoming a nonsmoker) and his buddy may put their names in a monthly drawing for smaller prizes. At the end of the year, names will be drawn for the grand prizes. The more smoking-free months, the bigger the chance of getting a prize! Anyone who has reverted to smoking at the end of the year is ineligible to win a trip. As an added aid, any smoker who wishes may purchase a 96-pack box of Nicorettes® for $5 (one-fourth the retail cost). The money is donated by Dow to the prize fund.

Nicorette® is a nicotine-containing gum, available by prescription, that helps reduce the desire to smoke. It is being introduced in the United States this month by Dow.

"No, I don't feel listless. If I felt that good I wouldn't be here."



A "nicotine fix" in chewing gum. At last physicians have something they can prescribe for their addicted patients who are damaging their lungs. Made in Sweden, Merrell Dow's Nicorette® goes on the market in the U.S. this month.

Besides the gum, employees will also be using stop-smoking kits provided by the American Lung Association. The employees are taking this project seriously and will submit to periodic checks with a carbon-monoxide-measuring device that will tell if they have been cheating. When they blow into a little balloon, those who aren't smoking will show only 8 parts per million or less of carbon monoxide, whereas smokers will kick it up to 30 or 40 parts per million carbon monoxide, Dow reports.

Our congratulations, with the Benjamin Franklin Award, go to Merrell Dow and to this program. May the best nonsmokers win! Even those who fail to capture a grand prize will still be winners.

Rita Cole, administrative assistant at the Society and mother of four, has been smoking for 22 years. She unflinchingly made the decision to quit in order to try the Nicorette® gum given in the Society's SSS program, which was instituted to follow the lead by Dow. Companies would save money by providing free Nicorette® to their smokers and offering prizes for quitters as well.

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Quitting Time with Nicorette®

For years U.S. doctors have been able to offer their smoking patients little more than advice and encouragement to help them shake their cigarette habits, but beginning this month, physicians have a new tool to aid them. They can prescribe a nicotine resin complex called Nicorette® that has already been used in Europe and Canada for a number of years. Nicorette® is manufactured in Sweden and marketed here by Merrell Dow Pharmaceuticals Inc., a division of the Dow Chemical Company. It's the first such prescription product approved for use by the U.S. Food and Drug Administration.

Nicorette® is a chewing gum that provides blood levels of nicotine via absorption through the lining of the mouth. By chewing the gum when they feel like having a cigarette, smokers can experience a reduction of their nicotine-withdrawal symptoms while avoiding the dangers of smoke inhalation: carbon monoxide, irritating gases and carcinogenic tars.

The gum contains no sugar. Its 2 mg nicotine content per piece (about the amount in two cigarettes) is derived from tobacco plants. Suspended in an ion exchange resin, the nicotine is released slowly as the gum is chewed.

Most smoking-cessation programs up to now have been able to focus only on removing the psychological components of cigarette addiction, but with the use of this gum, the actual physiological addiction to nicotine can also be diminished. Evidence has shown that this product can double the success rates of smoking-cessation programs, and in a double-blind study, twice as many participants who were chewing Nicorette® quit as did those who chewed a placebo that was only flavored with nicotine.

This quick nicotine fix may be just what the doctor ordered for some of the 55 million Americans who, despite all warnings, continue to smoke.

A Case for the Blues

A woman in Indianapolis just had surgery for removal of her kidney stones because she was afraid her Blue Cross insurance might not pay for the lithotripter surgery-free removal of her stones. Blue Cross and other insurers have not said they will pay for this procedure. Yet, if you asked all of the urologists in the country which method would be the safest, the easiest on the patient's health and would get her back to work faster, there would be a 100 percent concurrence that hands down, it would be the lithotripter.

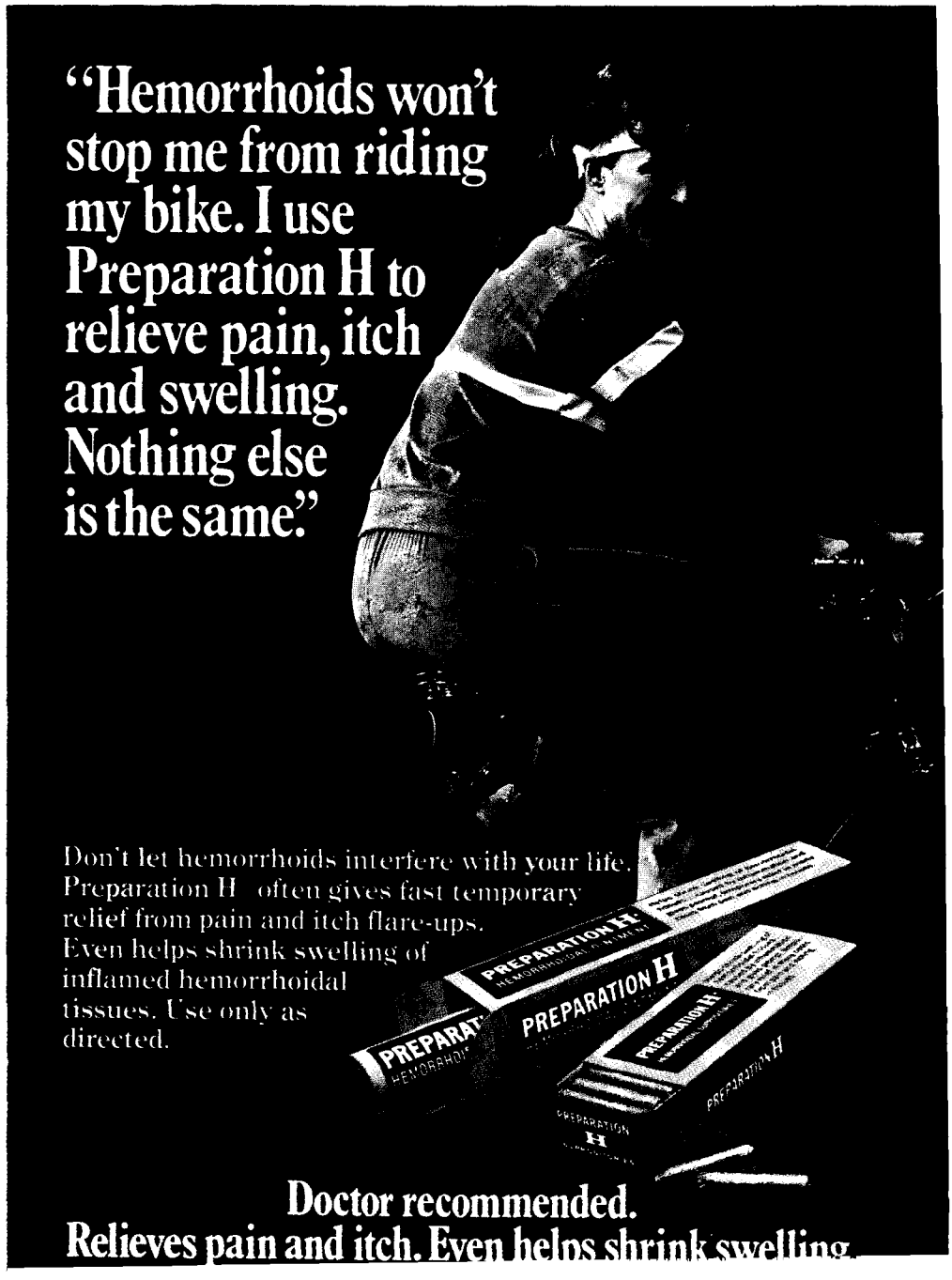
This is an open letter from the Kidney Stone Formers Club to Blue Cross/Blue Shield and all similar organizations.

Dear Health Insurers:

Rarely does such an opportunity occur to save money for the insurer and simultaneously curtail pain and suffering by avoiding surgery for the patient.

The average kidney-stone surgery probably costs in the area of $10,000. The new lithotripter now in operation in Indianapolis costs the patient less than half that because there is no surgery involved. Urologists who make their living doing the kidney-stone surgeries are unanimously endorsing the brilliance of the new method, and it has been proved to be safe and effective in more than 1,000 cases in Germany.

Why should any persons be forced to undergo a less safe and more costly method of removing their stones only from fear that Blue Cross/Blue Shield or another insurer wouldn't pay for it because it is still classified by the FDA as an "investigational"


"Hemorrhoids won't stop me from riding my bike. I use Preparation H to relieve pain, itch and swelling. Nothing else is the same."
Don't let hemorrhoids interfere with your life. Preparation H often gives fast temporary relief from pain and itch flare-ups. Even helps shrink swelling of inflamed hemorrhoidal tissues. Use only as directed.
PREPARATION H
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Relieves pain and itch. Even helps shrink swelling.

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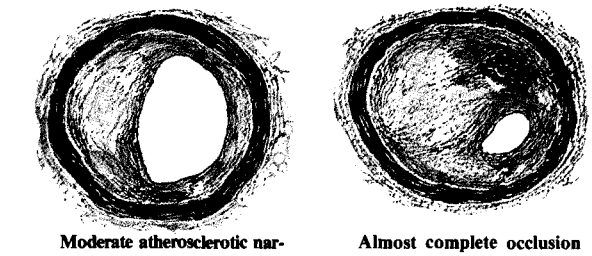
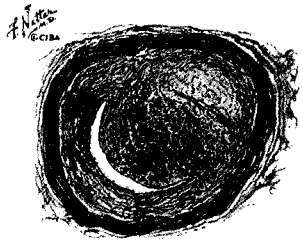
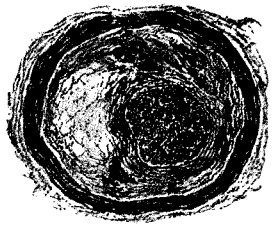


Moderate atherosclerotic narrowing of lumen (opening)

Almost complete occlusion by atherosclerosis with calcium deposits (purple spots)



Hemorrhage (bright red areas) into atheroma (cholesterol containing plaque), leaving only a slitlike lumen



Complete occlusion by a blood clot in the lumen greatly narrowed by atheroma

Coronary-artery-filling atherosclerotic plaques with calcium deposits have been referred to as "tumors" or "atheroma." Herpes viruses have been found in these plaques by several reliable researchers. Might high-lysine, low-fat and high-fiber diets prevent them from forming?

procedure?

We urge the officials in Blue Cross/Blue Shield who are in doubt to go to Germany as we did and observe that the procedure is safer and far better for the patient than surgery.

It is a procedure capable of quickly eliminating the fierce pain of kidney stones. For a person with a stone, this is an urgent matter. Headquarters for health insurers: Please make the announcement to all of your branch offices that you will cover lithotripsy as an alternative to surgery while the procedure is pending FDA trial in the United States.

Sincerely yours,
Cory SerVaas, M.D.
Kidney Stone Formers Club

We urge all of our Kidney Stone Formers Club members and their friends to send a copy of our letter to their health insurers to make sure that they realize the urgency of such a decision. Kidney-stone attacks can come on suddenly, and they're not elective surgery when they do.

There are 36 stone patients on the waiting list at Methodist Hospital in Indianapolis. Other centers in Boston, Houston and Gainesville, Florida, have ordered the equipment. Stones must be in the kidney and less than 2 centimeters (slightly less than an inch) in diameter to be eligible for removal in the United States. Larger stones are being pulverized in Germany.

Herpes and Heart Attacks

Recently our old enemy, herpes, has once again raised its ugly head. Dr. Earl Benditt of the University of Washington in Seattle has found genetic material from a herpes virus in diseased human arteries removed during bypass surgery. Dr. Joseph Melnick, of the Baylor College of Medicine in Houston, found another of the herpes viruses in human arteries provided by Dr. Michael DeBakey, who had removed them during bypass operations.

Dr. Douglas Cines of the University of Pennsylvania School of Medicine has told us he discovered in lab tests that antibodies and other substances produced by the body's immune system will clump onto arterial cells that have been infected with *herpes* viruses. The antibodies will not stick to cells that have not been infected.

And at Cornell University, researchers found that chickens fed a high-fat diet would develop severe hardening of the arteries *if* infected with a *herpes virus*. The virus they used is called Marek's disease virus, a leukemia-like disease found in chickens.

If atherosclerotic plaques are forming because of fat *and* the herpes virus, then we believe that a high-lysine/low-arginine diet might help prevent these plaques from forming and lessen the risk of heart attack.

We know that tribal Africans who don't eat our food don't have heart attacks even though they experience stress. An excellent diet for lowering cholesterol is the diet consumed in many Third World countries where maize, mealie meal, all forms of corn and other grains and vegetables are the primary food. These people *don't* have atherosclerosis problems. Unfortunately this diet is low in an amino acid, *lysine*, which some physicians are finding prevents *herpes* recurrences. We know a growing number of reputable physicians have success in preventing recurrences of cold sores caused by the herpes virus simply by having their patients adhere to a high-lysine/low-arginine diet. Usually this involves taking supplemental lysine.

If cholesterol plaques in vessels are triggered by the herpes virus, then consuming a high-lysine/low-arginine diet with high-fiber/low-fat foods *might be the best of all worlds*. Again, the theory that the herpes virus just might be responsible for initiating the cholesterol plaques is yet unproven, but to be on the safe side, we're encouraging the use of high-lysine corn and lysine supplementation. A high-lysine diet can replace a meat dish without the danger of the protein deficiencies of regular corn.

"Take one upon going to bed, and the other if you wake up in the morning."

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Easter Flowers

continued from page 104

and was in the car with me, he seemed angry rather than touched with sadness. "They should have explained to her!" he insisted over and over. "They should have told her that the house was gone and the hill shoveled away."

"They tried. You see how it is. She——Don't think she's crazy, Dutch. She just wants to go home, and you can't blame her for that."

The only time he broke silence before we reached the hotel was to ask me if the old East Road still ran to the Nye farm. He said later that he should like to borrow my car early the next morning.

He borrowed it, all right, and went out to the Thompson R. Nye place and asked Tom Nye how much he would take for his chicken house. Thompson R. Nye thought that Dutch DeHoke was loony, at first; and so did other people. But within a few hours we were treated to a miracle such as few of us had observed before. It was the miracle of money—of wealth readily expended to attain a given object.

For instance, there was a hill just above the outskirts of town, and assuredly that hill was on the north bank of Nathan's River just as the Renn farm had been, though many miles away from the site of the Renn house. Judge Langhorne owned that hill; folks said that he didn't want to sell, and he didn't—not at any reasonable price. When Dutch DeHoke offered him an unreasonable price, that was something else.

DeHoke bristled his way to the bank, to the long-distance telephone, to the telegraph office, to the bank again. It was the day when Dutch DeHoke made himself known in our county again; he performed a hundred marvels.

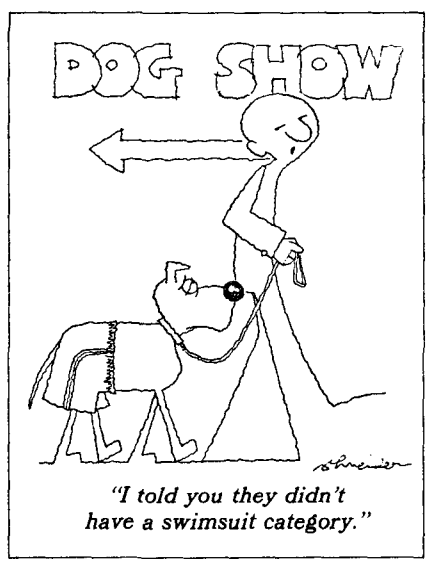
Oh, she must have been very kind to him, kinder than any of us knew at the time or know now. He must have dreamed of her often. His childhood had been full of starvation, blows, tortures; evil had bayed and bitten him, and put strange sores within his spirit. Then Aunt Jennie came along, and she made marks of a different kind upon him.

She would have said, if questioned and if able to reply articulately, that she was only performing a selfish act—because she dreamed that, in holding these other boys close, she was holding her two vanished children who had died in the blaze.

Before nightfall of that first day, men were fencing the old Langhorne property. They had built huge fires, widespread and roaring, to fetch the frost out of the ground.

Half that day and all that night and into the next morning, the old Renn house came grinding its way up the East Road as fast as men and animals and machines could move it.

There was a half-page ad in the *Banner-Republican* which appeared the next afternoon. Dutch DeHoke wanted to buy every piece of furniture, every dish and shabby little knickknack and rag of carpeting that had ever been used within the Renn house. The generous premium he offered sent farm wives scurrying into garrets and woodsheds and set half the county to dusting off its memory in a search for trivial scraps which might be labeled with the magic name "Renn."



"I told you they didn't have a swimsuit category."

Todd Ninbauer came to help him, and others who had been close to the Renns. They crowded in my office each evening to argue over the authenticity of bedsprings, lamps, kitchen chairs.

Aunt Jennie knew nothing of these goings-on. No whisper of this resurrection reached Aunt Jennie's ears to puzzle and confuse her.

The little house on the north hill was fumigated, scoured, painted, papered.

Occasionally I felt that it was magic of a ghastly and uncertain kind; it seemed a little like taking the dead from their repose. But in the first week of April I bowed before Dutch's wisdom. It was a golden magic, after all. Aunt Jennie could now come home, we believed.

He had the house ready for her on the day before Easter. We drove out to the county farm, Dutch and Todd Ninbauer and myself, and a few other old neighbors and friends—five cars of us. We parked and went inside.

Dutch got down on one knee beside Aunt Jennie's chair and put his hand on her arm.

"Come with me now, Aunt Jennie. They've got your things all packed, and you can come now."

"Where are we going?"

"I'll take you home."

She sighed, and said, "Well, it's been a long time! I've surely been wanting to go."

So we took her to the Langhorne hill. The warm spring breeze swept against our ears, and the damp pastures breathed out their first sunny smell of green. Dutch DeHoke steered Aunt Jennie in through the kitchen door. Her hands went straying around and then she withdrew from his support and she walked alone, while feeling for the things to touch.

"Yes," she said now and then. "Yes." In a kind of matter-of-fact way, as if suddenly she had learned the answer to a puzzle which had occupied her for years.

She touched her big, green rocker; then she progressed slowly into the little sitting room, saying that it did seem good to be home. She stopped and listened to the clock, and God made it strike four; Aunt Jennie nodded her head with each beat of the old brass hammer.

When Dutch came close again, she felt for him and squeezed his wrist so hard that the marks of her fingers stayed there. Her voice crackled a little. "You're mighty good to me," she said. "It was so nice of you to let me come home again!"

Then, when we were able to see, she was on her way down the front steps and saying what a nice day it was. She went through the gate and out onto the fresh-seeded earth beyond the fence. And there Aunt Jennie stopped and seemed perplexed.

Dutch spoke under his breath. He started toward her.

continued on following page

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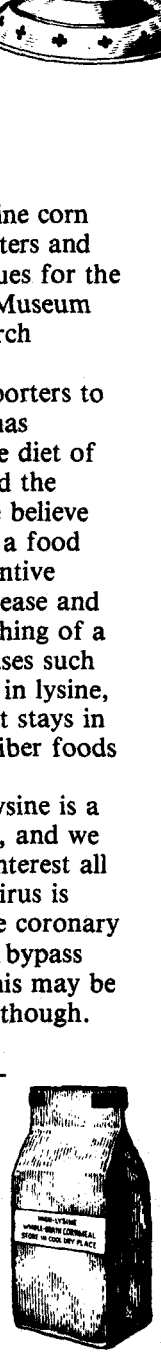
A gift of high-lysine corn meal

We'll send a gift bag of high-lysine corn meal in appreciation to our supporters and donors. . .whether you send antiques for the Ben Franklin Society *SatEvePost* Museum or cash gifts for the medical research activities of the Society.

We want our members and supporters to be healthy. For years the Society has pioneered the increased fiber in the diet of our readers. Since we've discovered the advantages of high-lysine corn, we believe getting this protein in the form of a food rich in fiber is a very good "preventive precaution" for cardiovascular disease and some kinds of cancers—to say nothing of a myriad of other degenerative diseases such as diverticulosis. Red meat is high in lysine, but meat is a low-residue food that stays in the colon much longer than high-fiber foods such as wheat, oats and corn.

At the Society we believe high lysine is a protection against the herpes virus, and we are studying with a great deal of interest all the research showing that herpes virus is present in the plaques that clog the coronary arteries, causing heart attacks and bypass surgeries (page 106). We believe this may be a very important nutritional breakthough.

Please send whatever you can if you are willing to help us get high-lysine corn further tested and marketed in this country. Make a tax-deductible donation of antiques from your attic for the Museum or a cash contribution for the Society's cancer and other medical research. We'll send you a gift trial bag of high-lysine corn in appreciation.



Antiques will be displayed with framed copies of original Saturday Evening Post *advertisements.*

The Saturday Evening Post
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By that time Aunt Jennie was down on her knees, and her hands were straying aimlessly around her. "Where are they?" she asked. She was a little frightened. "I can't find the grass. I can't find any of 'em. Where are they?"

None of us was quite sure what she wanted. We knew only that she needed something desperately and it seemed we couldn't give it to her.

She said—she was not complaining too bitterly, but only stating a fact—that she missed them, and something was wrong, and maybe this wasn't home after all. "Windflowers," she said. "You know, them little wild crocuses. Easter flowers, I always call 'em. I don't know what's come with 'em. The sod's gone too."

Dutch managed to talk to her. He was thinking wildly, helplessly, of the prairie sod which was torn forever from that farm site and from the Renn farm as well. He croaked something about its not being the proper season for windflowers.

"How you talk," said Aunt Jennie sadly. "They've always been here every springtime; you know that. Pa always said I wasted a lot of time with 'em. I'd come out here in the grass—you know, the sod was never turned—and I'd look at 'em and feel 'em, all fuzzy and soft. But something's wrong; they ain't here any more. I guess I better go back to that other place."

"But this is home, Aunt Jennie!" cried Dutch.

"Not home," she said. "You know, at home I always had the little Easter flowers. The little ones. They was whitish and purple, too, and they didn't have much smell. Just a kind of honey smell, I guess, but I liked it. They always grew in the old prairie grass outside the fence every spring. They grew there when I was home."

Dutch stood clenching his fists, but Aunt Jennie had made up her mind. The woman who had planned to be her housekeeper and practical nurse signaled the rest of us. She brought Aunt Jennie's bags and put them into the car, and we drove back to the county farm.

I didn't see Dutch until about eight o'clock that night. When he came into my house his feet were muddy. He must have walked for a long time.

"I've got an idea," he told me. "Where's the nearest prairie sod? Sod that a plow has never been through?"

"Over in Eagle County, 20 miles west. There's plenty there. But don't start fretting about it. You can't transplant windflowers. They'll only grow on the prairie."

Dutch cried, "Yes, yes. But I must know. It's prairie sod, hilltop sod in Eagle County?"

"On the Charles McCoffin farm; plenty of native sod. I saw the flowers there last year."

Then Dutch DeHoke drank a cup of coffee and put on his hat again. "I guess I can't take her to the prairie," he said, "but I can bring the prairie to her. You say the windflowers won't grow except on prairie sod, but I will make them keep growing."

He rented trucks and hired the men to go with them. They drove to the Charles McCoffin farm, and they got Charley out of bed. Dutch bought his prairie sod and the men took it up—great, thick, fuzzy, flat mattresses of it.

All night long the men worked in the soft, black wet, the trucks rumbled across the prairie. The men drove to Aunt Jennie's house and planted the sod beyond her gate.

With Easter morning the unturned grass was blowing, and furry little flowers trembled as the bright air found them. Aunt Jennie found them, too, when Dutch DeHoke brought her there once more that day. She sat in the grass, squeezing stems and petals in her frail hands. She said that now there was no mistake, that surely she had come home again as she longed to do.

"You mind?"

No Taxee

continued from page 14

I hung up. That night I dreamed about a very fat man roaming the streets and wearing 12 shirts and 16 sheets.

In the morning I drafted a combative letter to the commissioner of the IRS. But before sending it, I called Mr. Hakimura and offered to read it.

"Just make sure you spell my name right," he said.

"H-a-k-a. . . ."

"No!" he shouted. "It's H-a-k-i. . . ."

"All I want is my shirts."

"Tough luck, buddy."

I was stamping the envelope when the phone rang. It was Mr. Hakimura. I refused to take the call: The federal government and I were through, *finis*, kaput. Mysteriously, Mr. Hakimura asked my wife to appear that afternoon at the IRS. At four o'clock she drove there and was handed a large bundle of dirty laundry. The shirts, Mr. Hakimura said, had been found in a rag bin at the cleaning plant. On hands and knees, my wife counted the laundry before an office full of IRS agents. She discovered that we had been given two extra shirts and three extra sheets. Mr. Hakimura refused to take them back. "We're not in the laundry business," he said grandly. "And one more thing. Your husband's a grouch."

Actually there was one more thing. This year a deduction on my return for the cleaning and pressing of office curtains (business maintenance, Section 162, Internal Revenue Code) is being questioned by the eagle.

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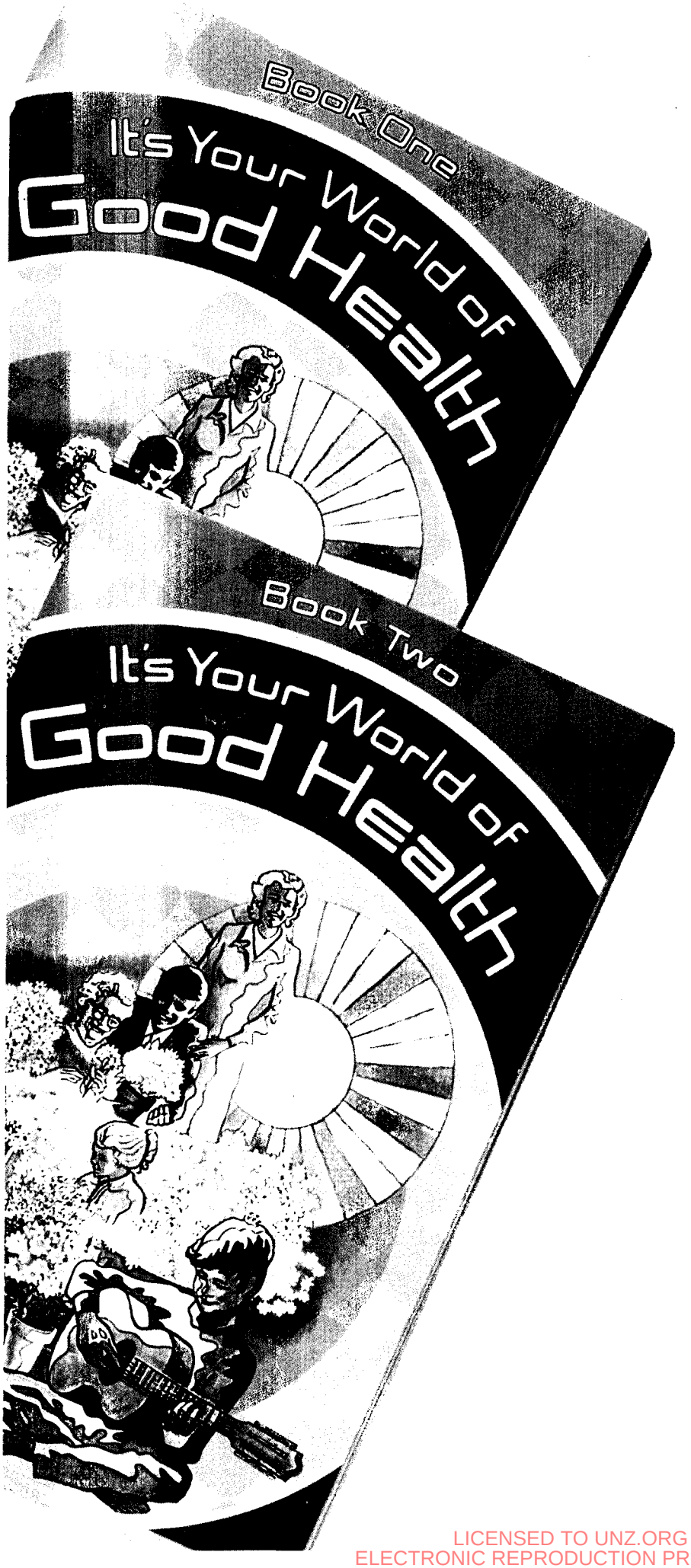

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